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SEP 20 MONTREAL, CANADA

SEP 26-27 SAN JOSE, CA

OCT 10 BROOKLYN, NY

OCT 17-18 ST. LOUIS, MO

OCT 18 DENVER, CO

OCT 18 LISBON, PORTUGAL

OCT 25 LOS ANGELES, CA

OCT 24-25 VANCOUVER, CANADA

MÉRIDA, MEXICO OCT 31

OCT 31 PHILADELPHIA, PA

NOV 7-8 SAVANNAH, GA

NOV 12-15 LAS VEGAS, NV

DEC 5-6 SAN ANTONIO, TX

# 2016 WORLD TOUR

JAN 16-17 ARIZONA

NEW ORLEANS, LA FEB 28

MAR 12 WASHINGTON DC

MEXICO CITY, MEXICO MAR 20

MAR 19-20 DALLAS, TX

SAN FRANCISCO, CA APR 3

APR 2-3 CARLSBAD 5000

APR 10 RALEIGH, NC

MADRID, SPAIN APR 24

NASHVILLE, TN APR 30

MAY 28-29 LIVERPOOL, ENGLAND

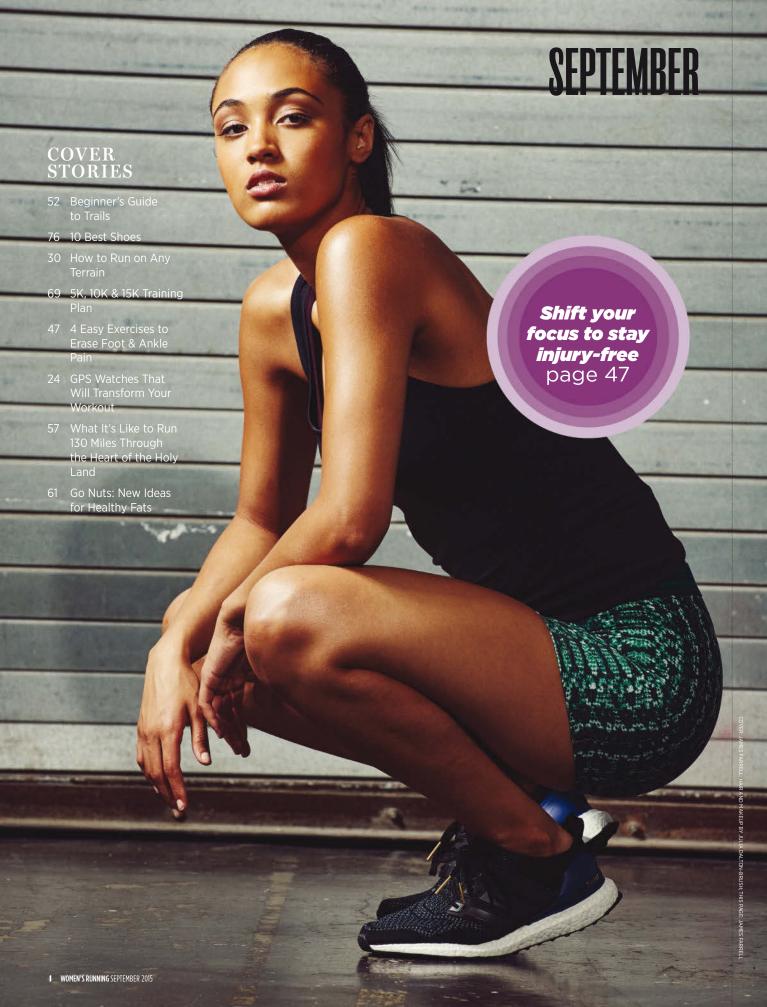
SAN DIEGO, CA JUN 3-5

SEATTLE, WA **JUN 18** 

JUL 16-17 CHICAGO, IL

PORTLAND, OR TBD

TBD DUBLIN, IRELAND





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This training plan will prep you for three trail races, culminating with a 15K. Start training now to be racing this fall.

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# FROM THE EDITOR

# Backcountry

n a poorly maintained path at 6,000 feet above sea level, my lungs burned, my calves quaked and I wasn't sure if I could finish the workout. With at least 6 miles to the nearest trailhead, I was sucking wind.

Last year, I signed up for The North Face Endurance Challenge 50K expecting to figure out how to run long; the race distance would be the farthest I'd ever gone on foot. What I didn't foresee was that I'd learn how to run on trails.

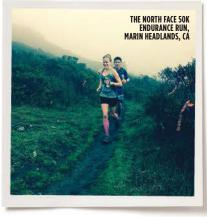
To be honest, I didn't realize there was much to know. When I was younger, I had competed in cross country (which is most often run on dirt and grass), and I continued to sporadically race trail 5Ks and 10Ks as an adult. However, I'd always approached trail running in the same way I did running on roads. The path could be hillier and the footing might be trickier, but in my mind, they were more or less the same beast.

Because of this misconception, for the first several weeks of training for the 50K, I struggled. I was extremely discouraged when my long runs took nearly twice the time as they normally would. Every inch of every hill, I concentrated on how badly I didn't want to be climbing as I counted my steps to the top.

But finally, during that solo 14-mile run through backcountry at 6,000 feet, something clicked. I'd been running up switchbacks for more than 3 miles and the path was so socked in with vegetation, I had no concept of when I would reach the top. During this climb, my perspective started to shift. As I dragged myself up the incline, under downed logs and over high bushes, I fell into a new rhythm.

I could hear my heart beating and my breath releasing. I realized that my pace was irrelevant and so were the miles—as long as I kept my beats and exhales steady, I could climb for hours. When I finally reached the top, I stopped for a few minutes—not to rest but to soak up the view.

The beauty of trail running comes not just from the wilderness (although it's lovely) but from the connection you create with your body and mind. So much of our time running we spend distracting ourselves from what it feels like to really *run*. Whether it's with music, podcasts, friends, race-day spectators or our own thoughts, we learn to survive miles through disassociation.



Thanks to changing terrain and challenging footing, when it comes to trail running, tuning yourself out isn't an option.

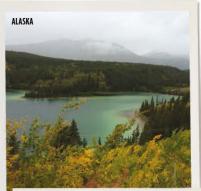
Flipping this switch in my trail running brain has enabled me to be a better runner whether I'm on a mossy singletrack or office park concrete. Why wish away the climbs when you can savor every step?

Jessie Sebor / @JessieSebor

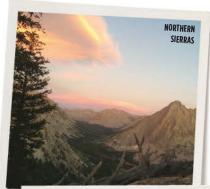
Join in on the fun! Use #TeamWR on Twitter or Instagram to share questions, pics, tips and brags!

Meed proof that trail running is worth it?
I would never see these sights on the street.















Toyota RAV4
toyota.com/rav4

тоуота

Let's Go Places

Options shown. ©2014 Toyota Motor Sales, U.S.A., Inc.



# Running

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What's the strangest thing vou've ever seen on a trail run?



A man running with three dogs attached to his waist, all of them swaying in different directions. Keep in mind—this was a narrow singletrack area on a crowded Saturday morning.

A found-object, aka trash, sculpture. It's about 5 miles from the trailhead on a 10-mile loop. I love seeing what's been added since my last visit!



I was once running on an oceanside trail and unknowingly wandered onto a nudist beach! I turned around pretty quickly before catching a glimpse of anyone.

Naked backpackers.



I actually saw a guy running barefoot once! That was pretty strange considering the rocky terrain!



# BEHIND & SHOOTS

# tresh Air

To capture our cover image, runner Traci Copeland and photographer James Farrell headed to New York's Bear Mountain State Park and ran wild through the trails. Although Copeland, who works as a trainer, is sporting a jacket in the photo, temperatures where in the 90s. You'd never be able to tell from her chill look!



Our Cover Runner. . . Traci Copeland

Age: 35

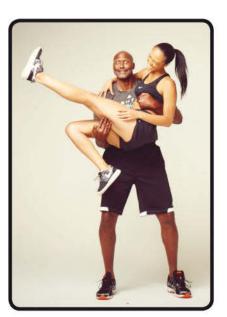
Hometown: Minneapolis

Runner for: 20 years

tavorite place to run: Central Park in New York or Santa Monica, CA

Best part of trail running: I think it forces you to get outside of your comfort zone—at least it does for me. I'm used to running on concrete, and trail running forces you to be more introspective.

Cover shoot fun: My favorite part was being on the top of Bear Mountain and outside of the city—although it was extremely hot! I also really enjoyed doing yoga with the makeup artist's daughter between takes.



Guess who showed up at our fitness shoot? Yup, that's former NBA player Karl Malone! The proud dad was picking up his daughter Karlee (literally) after she demonstrated the exercises on page 47.



Editor Jessie Sebor enjoys some urban miles (and fresh falafel!) in Jerusalem before heading to the countryside to chronicle the Mountain to Valley Relay (page 57).





Photographer Justin McChesney-Wachs does some fine-tuning for his palette of our favorite body scrubs (page 42).

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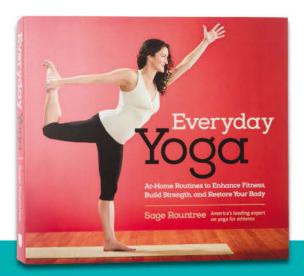






# YOGA Your Way





Sage Rountree, America's leading expert on yoga for athletes, shares her fresh, athlete-friendly approach to yoga in her colorful new guide *Everyday Yoga*. Sage's lay-flat book will guide you through routines lasting 5 to 50 minutes so you can gain the benefits of yoga at home, on your schedule. Featuring new routines that develop core strength, range of motion, balance, and focus, *Everyday Yoga* will help you become a stronger, healthier athlete.

TRY A YOGA ROUTINE at velopress.com/yoga.



# TEAM WR

{COMMUNITY}

# It's a wonderful world.

What's the best reason to trail run? You get to see the beauty of nature in a way you never would by striding down a sidewalk or looking through a windshield. And research published in the Journal of Personality and Social Psychology finds that experiencing awe doesn't just give you the warm fuzzies—it helps humans to create social groups and tightly knit communities. Get outside to be a better runner, friend and member of society.



# **BLOGGER ON THE RUN**



# KRIS LAWRENCE'S BLOG

By Kristen Lawrence. Virginia Beach, VA "In high school, I began running only because a friend talked me into joining the cross-country team. I was absolutely terrible at all other sports and quickly fell in love with the new friends and competition. After graduation, I ran casually—but it took a back seat to work, marriage and family. Years later, after I had three children within the span of 17 months, I needed a way to find some quiet time. I remembered how much I loved running in high school. I started up again and I haven't stopped since."

### Kristen's favorite place to run:

"Trail runs are a favorite of mine. I'm grateful to live in an area with miles and miles of gorgeous trails by the ocean. No matter what kind of day you are having or what life is throwing at you, miles spent running alone through the beautiful trees will always help you feel peaceful."

# We heart runner blogs!

Check out our must-reads at womensrunning.com

# WE'RE SOCIAL BUTTERFLIES...

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Or email editorial@ womensrunning.com with any burning q's!



Readers loved our August cover, featuring Erica Schenk! Here's what some had to say:



@VanessaMujica Major props to @WomensRunning magazine for acknowledging that health comes in all shapes & sizes!

### @therealmikasa

@WomensRunning awesome cover!! Representation means so much!!

@tabethasullens | applaud @WomensRunning magazine.

@iosterholt It's about time. Runners come in all shapes and sizes. #running

### @KareCasamassima

@WomensRunning You just got a new follower and reader!

# @sadiejanesabin

@WomensRunning this is seriously the coolest cover! Work out because you love your body!!!! The end!!!!

# @challengeAC

@WomensRunning we are loving the message you are spreading to girls and women athletes alike! #RealWomenRun

### @HeideeW

@WomensRunning Amen @EricaJean011 great article, great shot! Keep on running girl! #love2run



From our Bucket List Races

After checking out the photos on womensrunning.com, you'll want to run this amazing relay race through Alaska!





WOMEN'S RUNNING

Has running ever helped you through a tough time?

# Erika

Running has shown me just how strong and capable I am. I now face many challenges with more determination than fear.

The universal cliché—a break up, wa-wa!

### Brandi

Running has helped me through a lot. From an abusive relationship that caused anxiety to my little brother being paralyzed in an accident, running has been and always will be a form of healing. I tend to dedicate my runs to the battle I am facing.

### Joelle

Running was my slimy, green, overcooked vegetable when I was in the Navy. Now it is on my terms, and it is fueled by stress, which I happily burn off.





INSTA-RUNNERS



@magnifyyourstyle crushed her 13.1-miler goal by 3 minutes!



@daniellepunzina rocked the Queens 10K as part of the 5-borough series.



The best running buddy for @fitnessonthemovellc-totally pooped after a tough run.



@runtothefinish says, "Don't treat an 'easy run' like a bad word!"

Want to show off your #TeamWR spirit? Tag us in your Insta photos with that hashy!



How many times ultrarunning dirt queen **Ann Trason won** the legendary **Western States** 100 Endurance Run. Of those 14 wins, she finished in the overall top 10 (both males females) 13 times. For more

check page 18.



We asked, you answered—all about getting down and dirty!

> At the Colorado's Hardrock 100 Endurance Run. Betsy Kalmeyer of Steamboat Springs, Colo., has been the first female to cross the line five out of her 15 finishes!

YOUR BIGGEST **CONCERNS ABOUT HITTING** THE TRAIL...

Getting hurt no one wants to twist an ankle

Wildlife encounters, with snakes topping the list

#3 Staying safe and clear from wild people (aka "weirdos in the woods")

YOUR TOP FIVE TRAIL-RACE DISTANCES ARE:



100.5 MILES

Stats for the Hardrock 100 Endurance Run, considered the toughest trail race in the U.S.

THERE'S A LOT TO LOVE ABOUT TRAIL RUNNING. HERE ARE YOUR TOP THREE REASONS:

> #1 The peace, tranquility, quiet and simplicity of nature

\*2 The serenity and silence of being alone

#3 The feeling of freedom

of WR readers have finished at least one trail race.

Craziest things WR readers have seen on the trail—and vou all have seen some stuff!

The founding year of the Dipsea Race, the oldest trail

race in the U.S. This 7.4-mile route runs from Mill Valley to Stinson Beach in California.

**3000+** U.S. trail races on the books for 2015, according to RunningintheUSA.com



# I won the Western States 100-Mile Endurance Run a total of 14 times.

s a child, I had a ton of energy that my parents didn't know what to do with. So it's no surprise that when my father saw an ad in the newspaper for a track club, he signed me up, hoping that running would burn off my extra steam. He had no idea that one decision would change the course of my life forever.

When I first began running, I loved the social aspect of being on a team. Running was the time I could be with my girlfriends, have fun and push myself. I felt alive when I was running, always looking for the next challenge.

At the age of 24, after finishing a half-Ironman triathlon, I was reading *Competitor* magazine and saw an ad for the American River 50-Miler. I signed up and showed up on race day to see a professional triathlete

I'd admired lining up next to me. She took one look at me, sneered and said, "You look like a rabbit." I was stunned. Reeling from hurt feelings, I told myself, "You're either going to die on this trail or you're going to beat her." Though sweltering temps made for tough conditions, I went on to not only outrun her but the entire field—and I set a course record in the process.

I continued ultra racing after that day and eventually found my way to the famous Western States 100 race. My first two attempts, I had to drop out. I made every mistake possible and ran into joint issues and dehydration. But the third time was the charm. I finally finished and won the race.

I returned to Western States 100, winning it 14 times while holding a course record of 17:37:51 for 18 years (until 2012 when Ellie

Greenwood broke my record).

Though my days of competitively racing the event might be gone, the course holds a magical place in my heart. It's for that reason that I return each year, but now I run to give back to other runners. Whether I'm pacing a friend or showing up on race day to help pace runners I don't yet know, it's the camaraderie that I felt as a young girl, and still feel, that keeps me craving more.

# Mind Games

How do you wrap your head around a 100-mile race? Trason explains, "When I'm running a race, I play a lot of games in my mind. I like to think of the miles as ages. When I'm running a 100-miler, I know that if I take good care of myself at the 50-mile point, or middle-age in my game, I'll get to enjoy a good retirement, after mile 62, and have a good run until the end."

Running has taught me that only I can determine my success. I don't let others define my achievements, rather I run to be a better me. I'm fortunate that I discovered my passion, went for it and found myself along the way.





# an ultramarathon helped me to heal after my husband's passing.

t's 5 a.m. and I'm sitting on a bus in Kenya, heading to the start of my first ultramarathon. Can I handle running 75K? Will I make it to the end? Do I have what it takes to survive the heat?

With a belly full of corn porridge and boiled eggs, my mind raced as each minute brought me closer to the start. Somehow, amid all my anxious thoughts, a quiet calm flooded my body as I reminded myself: I am fit. I don't have to be fast. I just have to keep moving forward.

It had been a little more than two years since my husband, Quincy, passed away after fighting stage four prostate cancer. By the time he was diagnosed, the disease had already metastasized, taking over his body until there was nothing left. Leaving me as a single parent to our then 2-year-old daughter, Jayna, Quincy wanted me to continue living the adventurous life we had once shared

together.

At first, I struggled to cope with my new reality. But eventually, I found my way back to running. I'd always been a runner, though I usually stuck to the road. After Quincy's death, I needed a diversion to feel challenged in a completely different way. Signing up for a race that was farther than I'd ever gone before, and doing it off-road, seemed like the perfect escape from the grief.

The race began and I set out for the long day ahead. Knowing that the money from the event would fund scholarships for Kenyan girls' education brought double meaning to the experience.

I arrived at the 13-mile point feeling great. Having the villagers, some of whom were the girls who would benefit from the proceeds, cheer me on as I ran through the African bush felt surreal. My daughter, then 5, was able to meet me at various aid stations, giving me just the

boost of energy I needed. It was important that she see her mom moving forward and fighting to continue our lives in a positive way.

I made it to the final 10K stretch, where the sun was setting and I was starting to struggle. Knowing this time might come, I had brought some of Quincy's ashes with me so that I could scatter them on the trail. In my own way, I wanted him to be part of this journey. I stopped for a few minutes, soaking in the moment. Then I continued running with a renewed

Coming up to the final pass, I spotted Jayna, who joined me to run through the finish line. Exhausted, yet high on adrenaline, I finished my first ultramarathon as the first female American of the day. Though I'm not sure healing from loss is ever complete, running this amazing event brought me one step closer to finding happiness once again. W



Running feels good in my soul. I've learned that no matter the distance, the weather or any variable, I have the ability to accomplish whatever I set my mind to. Sometimes getting through a run is like life-if you keep going, you might just find some amazing things along the way!

Support girls' education in Kenya and find out more about the Amazing Maasai Marathon at amazing maasaimarathon.com.

# Forrest Run

Our Marathon Maniac discovers that when it comes to trail running, she's not exactly a natural—and maybe that's a good thing.

BY DANIELLE CEMPROLA

# MY FRIEND'S HEELS FLICKED UP AND **DOWN LIKE LITTLE**

**WINGS** as he ascended a series of switchbacks in our nearby national forest. "Come on!" he yelled. "You've got this!"

My feet clomped along like a (slowly) stampeding elephant as I lumbered my way up the trail, eyes glued to the forest floor. One wrong step and I would surely stumble dramatically over the cliffs and onto the ground far below! Well, sort of, I live in South Carolina, so there weren't any cliffs per se. There was no ground any farther below than my feet, but you could have fooled me. My entire running career has been



When my friend invited me out to run with him, the idea seemed sort of tranquil. I'll get back to nature, I thought. This will be the ultimate way to reduce stress! Although the trails themselves were peaceful, my mind was not. I've broken 12 bones (you read that correctly) so my every thought was focused on simply not falling. At the end of our 6-mile route, I was exhausted. I felt like I had run 20 miles on the road, even though we had only run for about an hour on what is allegedly a "more forgiving" surface. No, trails didn't seem to have that calming effect for me. I wasn't one with nature; I was one against nature!

My running buddy assured me that running on the trails would become easier. I wouldn't have to look down quite so much, and I definitely wouldn't fall as often—at least, that was the promise. While I can't say that trail running requires any less of my concentration now than it did on that first day, I can confirm that I have found the peace that comes from off-road running.

You see, most people find the trails calming because there are no distractions from the outside world. If you pick the right trail, it can feel like you're the only person on the planet. But for me, it's more than that. In the woods, my stress melts away because I'm so focused on the next step (and not falling) that I don't have the capacity to think about anything else.

I like to say that I've solved some of my biggest problems while out running on the roads, where my steps lull me into a trance and I can let my mind wander. The clarity I've received while being buried in thought on a 15-miler is unparalleled.

But trail running brings me peace in a different way. I'm so mentally and physically drained at the end that all of my day-to-day problems have been wiped away; I have no energy left to worry about them. They say an elephant never forgets, but all this elephant needs is a few miles on the trails to see the world in a totally different light.

# THE BEST **REASONS TO** HIT THE



- Softer surfaces work the stabilizing muscles in your legs that roads can't touch.
- You'll have an excuse to buy a special pair of running shoes! (Check the selection on pages 76 and 77.)
- Trails are often near trees. Trees provide shade. Enough said.
- The air smells better.

Danielle Cemprola lives in South Carolina with her husband and Rottweiler. When she's not running. Danielle blogs at trexrunner.com.

# My Biggest Fan

BY EMILY POLACHEK

# From training partners to best friends...

Theresa Ferguson didn't think she had time to train for a marathon. With a career as a public relations consultant and six daughters at home, Ferguson wasn't sure she could balance it all. But her perspective changed after meeting Kate DeProsperis.

The two connected in 2013 through Saucony's 26Strong program, which pairs veteran runners with newbies to train for a marathon together. DeProsperis, a 2012 U.S. Olympic Marathon Trials qualifier, knew Ferguson had great potential. The elite runner helped the then 43-vear-old mom not only complete a 26.2-mile



race, but also smash her original goal of 4:30 with a 3:57 finish at the Naperville Marathon.

Instead of parting ways after the program, Ferguson and DeProsperis stayed close, shopping together, meeting for coffee or relaxing with a glass of wine.

'It is because of Kate's mentoring and encouragement that

I have progressively evolved from a 10-minute-miler three vears ago to running a 5K at a 7:30-mile pace," Ferguson says. "Even though she juggles work, training for her own races, coaching through the Chicago Area Runners Association and taking care of her own growing family [she's about to have her second child], Kate has so generously helped me prepare for each of my subsequent races."

Last year, DeProsperis coached Ferguson to a 1:46 half-marathon finish. her first and fastest 13.1-miler. Although Ferguson hasn't run another 26.2 since her first in 2013, she hopes to do another soon and qualify for Boston—with help from DeProsperis, of course.

# WHO'S YOUR BIGGEST FAN?

Email your submission to editorial@womensrunning.com! Featured entries win some sweet WR swag and a free subscription (or renewal) for you and your fan!

# MOTIVATION IN MOTION

"Do not go where the path may lead, go instead where there is no path and leave a trail."

-Ralph Waldo Emerson



# SIGN OF THE MONTH

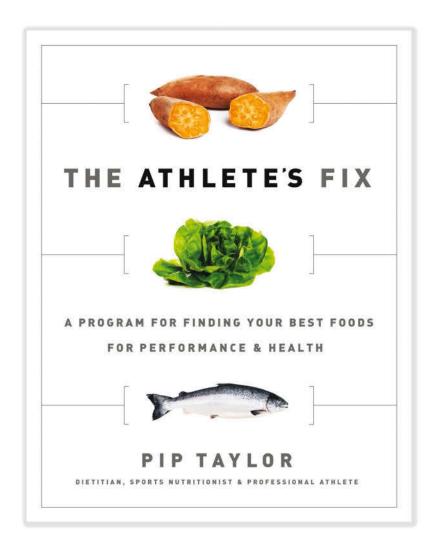
WR reader Katie Hannon cheered 2015 Boston Marathon runners with this genius race sign idea.



# FEEL BETTER

# PERFORM BETTER

Gut issues, headaches, food cravings is your daily diet wearing you down?



Find out for sure with The Athlete's Fix.

The Athlete's Fix will help you find your problem foods—and the foods that make you feel and perform your best.

Dietitian Pip Taylor offers a smart, three-step program to help you fuel workouts while isolating specific food intolerances. You'll improve your daily diet, cut out common irritants, then add back foods until you feel great enjoying your own personalized clean diet.

Feel better and perform better with The Athlete's Fix.



# LACE UP {TRAINING}





# SRPIRMBER

Did you know September is National Recovery Month? Late summer running may rank high above ice baths on the fun factor list, but this month brings awareness to how important it is to take care of your body. Stretch, foam roll, get a massage, sleep—when it comes to running longevity, what you do after your run may be more important than hat you do during your workout.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY SATURDAY FRIDAY 5 In 2011, Lashinda Today is softball player and New Demus set the York City Marathon American Open runner Jennie Finch's **Outdoor Track and Field** 400-meter hurdles birthday! The speedy record and won a gold slugger turns 34. 6 medal in Daegu, Korea, with her time of 52.47. It's Banana Day! Did you Thirty years ago know bananas grow in bunches (of 10 to today, Mary Decker 25) called a "hand"? Our favorite portable Slaney set the U.S. electrolyte provider delivers 422mg of 3000-meter record potassium and 32mg of magnesium in one in Rome, Italy, with medium-sized 105 calorie fruit. a time of 8:25.83. 13 17 16 True fact: Elite ultrarunner Nikki Kimball has been known to eat a big, juicy burger midrace! Our new twist on the old favorite for National Cheeseburger Day is a bison burger, with its higher concentration of omega-3 fats—eat with organic cheddar Put your crossand gut-healthy kimchee in a lettuce wrap. training to good use and rub shoulders with celebs (such as "Anger Management's" Anna Hutchison and Hit the trail at the Golden Leaf Half Mercedes Mason) at the 29th running of the Marathon, an iconic trail race from Malibu Triathlon in California. Snowmass to downtown Aspen in the mountains of Colorado. As the name suggests, the timing can mean prime leaf National Women's Health and Fitness Day is peeping! Run through history at the a great reminder to take care of YOU! Go for Berlin Marathon and cross a run or walk and talk during lunch, swap another World Marathon out your 3 p.m. sugary snack for a piece of Major off your bucket fruit, drink an extra glass of water, head list on a fast course to bed half an hour earlier—little steps can with speedy records. make a big difference in your well-being.

# Interested in following Harrington's running adventures on and off the course? Check out her blog at **runnerskitchen.com**!

# Off the Beaten Path

One nature-loving coach shares her favorite races, gear and advice on taking the trail less traveled.

AS TOLD TO KARA DESCHENES

### THRILL SEEKER

Located about 30 miles north of Austin, Texas, the Dare to Ascend Trail Marathon, Half Marathon and 5K are all primarily run on the scenic Goodwater Loop that circles Lake Georgetown. Since proceeds benefit outdoor adventure programs for at-risk youth, you can feel good getting dirty.

Where: Georgetown, TX When: 9/26/15 ascendoutdoor.com

# **URBAN ADVENTURE**

It may seem like an oxymoron to run a trail race in the middle of a city, but the Mayor's Cup **Cross-Country Series** 5K delivers its fair share of dirt. Set in Boston's Franklin Park, the course takes thousands of runners though open fields and doubletrack trails. After running this event each year in college, I knew to prepare for the 200-meter incline on Bear Cage Hill-you'll see why it's called that when you reach the top.

Where: Boston, MA When: 10/25/15 baa.org

# **Buddy System**

Fresh Kicks

traction on the

980 Trail (\$110.

com). They are

well cushioned

without being

too heavy.

New Balance

Fresh Foam

newbalance.

I love the

The most important rule of trail running is to tell someone where you're going and when you expect to return. Be as specific as possible and let them know which trail you'll be taking. Even better? Bring a buddy with you!



Be Your Own Sherpa
The Gregory Pace 3 (\$99, gregorypacks.com) is the perfect size for stashing your essentials, and it stays put without any annoying bounce!



EXPERT:

# MEGAN HARRINGTON

This 30-year-old runner is no stranger to taking a workout off-road. After competing in cross country throughout high school and college, the Cambridge, N.Y., native found herself doling out training advice to family and friends interested in the sport. Harrington became such the go-to expert that she decided to make it official and set up shop as a certified coach. Learn her best tips, along with the races she considers worth the dirt!



# **Eyes Wide Open**

Trail running should be enjoyable and relaxing, but if you're running on a technical trail (i.e., one that is rocky, root-filled and hilly), make sure to keep your eyes open for obstacles. And remember—if things get especially tricky, it's fine to walk for a bit.

# MAGIC MOUNTAIN

Set among the picturesque canyons in the Utah desert, the Moab Trail Marathon, Half-Marathon, 5K and Kids' 1K is one of the country's most beautiful events. The terrain is challenging, but the views are worth it. This race will also be the host of the 2015 and 2016 U.S.A. Trail Marathon Championships.

Where: Moab, UT When: 11/7/15

moabtrailmarathon.com

# **ROCKY RUNNER**

I'm a fan of this brand's gear, so The North Face Endurance Challenge series caught my eye. With a network of well-established trail races in the U.S. and Canada, from New York's lush green trails in the Catskills to Utah's rocky Wasatch Mountain, these races are perfect destination events.

Where: Multiple locations
When: Multiple dates
thenorthface.com

## CALIFORNIA SUN

The Tahoe Trail Running Series has something for every runner. From kid-friendly runs to ultra marathons, this series promises off-road fun for anyone. I'm eyeing the Lederhosen Trail 10K race in Squaw Valley. which features a contest for the best lederhosen and dirndl! After the finish, runners can knock back a cold Bavarian beer at Octoberfest. Where: Multiple locations

in California
When: Multiple dates
tahoetrailrunning.com

# **Proper Planning**

Prepare for the unexpected! Even if you're only planning on a short jaunt, make sure you bring a light jacket, as well as extra water and snacks. A cellphone, trail map, small flashlight and first aid kit are good ideas for longer runs, but keep in mind you may not get reception deep in the woods.



# **Bug Off**

I'm all about avoiding harmful chemicals, so I love **The Honest Company Bug Spray** (\$13 for 12 oz., nordstrom.com). This non-toxic formula uses essential oils to repel pesky critters.



Running on trails requires strong core and leg muscles. Prepare for the changes in terrain and elevation by incorporating strength exercises into your workout routine at least two or three times per week. My favorites include planks, walking lunges, single-leg squats, calf raises and pushups.



High Visibility

The bright orange color of the Craft Path Convert Jacket (\$110, craftsports. com) makes me visible in any kind of weather. Not only is it water- and wind-repellent, but I can also zip off the sleeves if I get too warm.

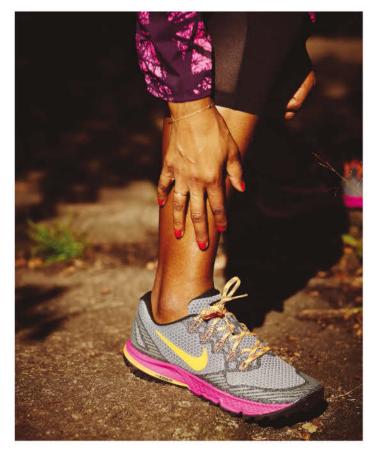






# I tweaked my ankle stepping off a curb. How should I ease back into my running routine?

After any kind of ankle injury, the prime area of concern to pay attention to is the swelling. You don't want to run if your joint is still inflamed, as that will only add to the stress and drag out the healing process. Ice and elevate your ankle several times a day and you should be able to get the swelling down in less than a week. Ease back into your routine by shortening your runs for the first several days and staying on flat surfaces rather than trails. For the next several weeks, watch your footing; your ankle is still weak and your stability may be a bit off. Once it feels less sore, incorporate some strengthening exercises ankle rotations, pointing and flexing of the foot, calf raises, etc.—into your daily routine. Don't be shy about getting back to it!



# hould I expect to be able to run the same pace on roads as trails or even a treadmill, assuming the inclines are similar?

For the most part, if the inclines are similar, then your pacing won't be drastically different. However, if the trails are muddy, sandy or rocky, your normal pace will feel more difficult since your footing will be less stable. Many people also find the treadmill slows them down, as the moving belt creates a less stable surface. Part of the process of becoming a more mature runner is tuning into your body. A regular run should feel like a 5 or 6 out of 10 on the effort scale. If that means 9-minute-mile pace for you, then you could expect that on a trail that same effort might be more like 9:20. Don't be worried if your pace is slightly off as long as your effort is maintained to ensure a quality run.

# hat's the best way to get over a bad race?

There will always be ups and downs with running. The challenge is to try to make sure that the highs are never too high and the lows never too low. If you are disappointed in your race performance, do three things: feel, reflect and move on. It's okay to feel disappointed—it shows that you care about your running. Reflect on what may have contributed to your performance. Was it something you could control (sleep, missed workouts) or did your legs just feel flat? Either way, move on! Learn from it and remember who you are as an athlete is not defined by one race.

Have a question for Coach Kigar? Email editorial@ womensrunning.com or tweet @womensrunning with the hashtag #AsktheCoach

# YOUR FOCUS

The high school athletes I coach often just want to run a PR (personal record). They don't care where they place in the race as long as they get the time they want. While this mentality is not bad, I will suggest that they shift their way of thinking and focus not only on time, but also on placing as high as they can and beating as many people in the race as possible. When you focus on slowly passing the runners in front of you, you likely will end up running faster than you expected, because you spent less time stressing about the race and more energy being present and competitive.





# Is it appropriate to high-five another runner on the trails during an out-andback portion?

You can try, but bear in mind some people just aren't into it. Don't be surprised if you get mixed reactions ranging from genuine gratitude and enthusiastic high-fives in return, to frowns (unnecessary IMHO) or even being completely ignored. I wouldn't judge those who just ignore you. It's just not their style and they may be completely zoned into their run or don't want to lose focus.

ow do I explain why my time in a trail 5K is so much slower than my normal 5K time to non-trail-runner friends—without sounding like a jerk? It took me a minute to figure out why you think you might come across as a jerk, but then I got it. Let's face it: Trail running is a different beast. I think you have to take the competition out of



the conversation for this to go well.

The best bet is to keep it simple and lead from your perspective. "For me, trail running requires a different technique and running style, so I tend to have slower times in these races." This will sound much more reasonable than: "Well, come on, trail running is way harder than a flat and fast road race." When it comes to comparing any sport to another, always acknowledge the differences, hardships and benefits of each.

hat's the proper way to dispose of paper cups and gel wrappers in a trail race?

One of the first rules for anyone using a trail is: "Pack it in, pack it out." This is when those little stash pockets in your shorts come in handy. Plan ahead and save some room in your pockets to avoid littering on the trail. Another option is to bring a ziplock bag to use for your trash. You can always empty your pockets or bag at the next aid station. The litter after a road

marathon is bad enough; throwing all of that trash along a trail where animals can wind up eating it defeats the purpose of getting out into nature in the first place.

'm doing my first ultra and am worried about the lack of restrooms on the course. I hear most people just "go" out in nature. When is the best time to do this in between aid stations? Your body is going to dictate when, but as for the how: Well, as I learned as a teen at summer camp in Colorado, human waste can be just as problematic to nature as litter. Here are some tips for when you can't make it to the next aid station with a portapotty.

If you really think that you may need toilet paper on your run for your bathroom breaks, then you should bring a small ziplock bag to hold your used toilet paper. Carry in, carry out. (Remember this includes pads and tampons too.)

Get out of sight and far from the trail (about 30 feet). There's less of a chance of anyone stepping in it, or smelling it, as they go by afterward. And while you may be in incredible shape, no runner wants to see your bare butt as she comes around a corner.

If you just have to pee, try to find some dry ground or even rocks so that the urine is absorbed quickly. Peeing on delicate plants and other vegetation can damage them. If you have to poop, use the heel of your shoe or a stick and dig a little hole (around six inches deep). Keep in mind you want to be far away from a water source (200 feet is the recommended distance in any direction). Cover the hole when you're done. If you've brought toilet paper, remember to put it in your baggie. If instead you plan to use leaves, only use plants you can identify. It could be a long, itchy race otherwise.

# Have a question for Lizzie?

Email editorial@
womensrunning.com
or tweet
@womensrunning with the
hashtag #ProperForm.

# What's the best way to clean your kicks?

BY ALLISON PATTILLO



NEW SHOES, WITH THEIR CRISP LINES AND COMFORTINGLY ODD SMELL, HOLD THE PROMISE OF LONG MILES AND EXCITING ADVENTURES. For some runners (like me), maintaining a pair's like-new-ish appearance translates to a sort of mental beacon to stay on the fitness path. But fresh shoes don't only provide a psychological boost. As it turns out, keeping kicks clean helps to prolong their running life; when dirt works its way into the mesh upper, it can cause fabric to break down. The trick lies in cleaning them properly.

For starters, tossing shoes in the washer and the dryer is NOT the right way. The combination of water, agitation and heat breaks down the glues used for making running shoes, greatly *reducing* their lifespan.

If shoes get bogged down with mud during your run, it can affect traction (if the clumping is in the tread) and add extra weight. Clean them as you go by wiping them on grass or scraping them against rocks or sidewalk curbs. If buildup is really bad, swish the outsole in a puddle to help loosen the grime.

# TO RESTORE THE FACTORY SHINE TO DIRTY KICKS, FOLLOW THESE STEPS:

- **STEP 1:** Begin by knocking off dirt and grime with an old toothbrush or a clean, dry scrub brush.
- **STEP 2:** Wipe stubborn areas and non-fabric zones with a damp cloth.

All clean? Great! If your kicks are completely caked in mud, you'll need to complete a few more steps to finsh the job...

- **STEP 3:** Remove insoles and wash them separately or, if they've taken on a special odor, buy new ones.
- **STEP 4:** Wash or replace laces.
- **STEP 5:** After removing excess dirt, scrub shoes with the toothbrush or scrub brush, tepid water and a natural detergent, soap or sport wash.
- **STEP 6:** Use a damp cloth to remove extra soap and dirt.
- **STEP 7:** Once clean, stuff shoes with crumpled newspaper, and leave them to air dry. The newspaper helps to retain the shape and soak up moisture. Do not dry shoes near heat or in direct sunlight as it may affect the shape of the shoes.





# Surface: Mud

The slip and slide of muddy trails can result in difficulty pushing off the ground. This will make it tough to take your normal long, fluid strides. The best thing to do is to shorten your gait. Smaller steps will make it easier to keep your center of gravity, which is key for catching yourself if your foot slips. Responding to a slide, however, has the potential to cause a groin or hamstring strain.

VACKLE THE TERRAIN: Keep your stride short to avoid a spill. To prevent a pulled muscle, it's important to do a thorough, dynamic warmup to open up the joints and actively stretch your muscles in all directions before heading out on a run.

# **CLOCK LUNGE**

This great dynamic warm-up stretches and strengthens the glutes, hamstrings and groin muscles. As you imagine yourself in the center of a watch, facing 12 o'clock, lunge with your right foot toward each "hour." At 6 o'clock, switch legs, Repeat counterclockwise.

# **Surface: Snow and Ice**

Similar to muddy trails, snow and ice can make for less-thansure footing. Though many runners conquer winter running without issue, paying close attention to the trail with every footstep can prevent an injury-causing slip. Look for (and avoid) icy patches, which tend to be more prevalent at dawn, dusk and in shaded spots.

**TACKLE THE TERRAIN:** For runners braving the elements this winter, Laudner suggests small tweaks to stay upright: "The torso position varies greatly among runners. Some assume a more forward position, while others tilt further back. Because of the slippery surface, runners can benefit from maintaining an upright posture where the body's center of gravity is more in line with their base. These subtle changes can provide more stability and potentially decrease the risk of slips and falls."



# Surface: Sand

When a runner's foot hits a firm surface, like a sidewalk, it will spring off quickly. That's not the case with sandy trails, where the foot sinks into the soft terrain. This increased contact time with the ground, combined with the extra work to push off with each step, puts runners at risk for lower-leg injuries.

"Calf strains, Achilles tendinitis and plantar fasciitis are common risks when running on soft sand," says Laudner. "This is especially true for heel strikers. When the heel digs further into the sand than the forefoot, it requires a more forceful push off the toes in an attempt to propel the body up out of the sand. This increased muscle activity ups the risk for overuse injuries."

TACKLE THE TERRAIN: Adjust your expectations. Not only will you be slower, but you'll likely become fatigued earlier in your run—studies have shown running in sand takes almost twice as much energy as running on solid ground. Trying to maintain your sidewalk pace could be a fast track to injury.

# IF THE SHOE FITS...

Would you wear a tank top to run in a snowstorm? Like clothing, your running footwear should change with the

If you plan to run in the snow, consider investing in a pair of trail shoes. In addition to having water-resistant uppers to keep your tootsies dry, trail shoes possess more lugs on the sole for traction in the snow. See page 76 for our picks!

Headed out for an icy trek? Try grippers, which slip over your regular shoes for extra traction. Yaktrax Run (\$40,

Loose rock? You might want a pair of gaiters, spandex sleeves that secure to your shoelaces and around your ankle, keeping blister-causing debris out of your shoes. Dirty Girl Gaiters (\$20, dirtygirlgaiters.com).

# Surface:

# Tree Roots

Running over trails with roots resembles more of a dance than a run! To navigate over technical terrain, many runners elect to perform quick side-to-side movements in an attempt to go around obstructions. Though this can reduce the likelihood of tripping, it puts additional stress on the lower leg.

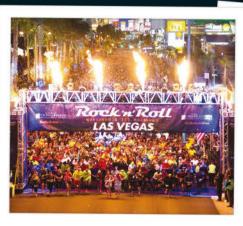
"These small lateral movements may result in increased supination, one of the primary causes of ankle sprains," explains Laudner. It's not surprising that sprained ankles are the most common injury in trail runners.

TACKLE THE TERRAIN: Instead of side-stepping the tree roots, go forward. On trail runs, emphasis should be placed on lifting the knees and picking up the feet to go over—not around roots sticking out of the ground.











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# FUEL UP

{NUTRITION}





Bhalsi Chai
Toustel Coconnel
Annua Blean

HILOZ (173 ML)

It wasn't until I made an effort to cut back on sugar that I realized my go-to chilled beverage was loaded with the sweet stuff. My new refreshing bliss is **Iced Bhakti Chai Toasted Coconut Almond Blend** (\$3, bhaktichai.com), which is dairy-, soy- and sugar-free with loads of fiery ginger flavor. —Allison Pattillo, contributing gear editor

Turmeric has been linked with helping everything from Alzheimer's to arthritis, but it can be tricky to get your fix as the spice is most often found in pungent foods like mustard and curry. **Temple Turmeric Japanese Matcha Elixir** (\$6, templeturmeric.com) is a light iced tea—great for a pre-run caffeine kick.

—Jessie Sebor, editor in chief

I mixed Cheribundi

Tart Cherry Juice (\$3,
cheribundi.com) with
tangerine Emergen-C
while battling an
annoying summer cold,
and it quickly became
a favorite for everyday
fueling!

—Caitlyn Pilkington,

8 FL OZ (240mL)

-Caitlyn Pilkington, web editor



## **Much Ado About Aid Stations**

When it comes to trail racing, on-course options for fueling are off the beaten path. Here's how to navigate the spread.

BY NICKI MILLER

rail runners and nutrition savants Magdalena Boulet and Stephanie Howe both weighed in on the range of foods and drinks they've seen while racing. More than anything else, the two speedsters stress the importance of training with the foods you might eat on race day. "The worst thing that people can do is try it without testing because they heard it works," says Boulet.

These trail-racing heavyweights race and train with specialized race nutrition (See "Ultra Eats," page 38). But what should you think about the rest of the treats served up at the aid-station buffet?



Pretzels are simple to digest, so you're getting fast carbs and salt. Boulet cautions against chips because they are high in fat, while Howe says sometimes they might work for your body. She believes that if you're craving crisps, your body is telling you it needs them.

### WHAT'S YOUR DREAM AID-STATION FUEL?

"Popsicles would be great, but I understand they'd be a logistical nightmare," says Howe, who also appreciates a finish line with a hot meal. Ideally pizza or makeyour-own burritos!

#### **Carbonated Drinks**

Howe, who sipped on Sprite and ginger ale for much of Western States 100. savs prepoured cups tend to have lost most of their fizz, which is a good thing. The simple sugars are easy to digest, and if your stomach can handle it, a little caffeine (Coke or Pepsi) might help you too.





#### Candy

Howe is a fan of Peanut M&M's: "You can pop a couple in your mouth and they taste good. The peanuts are a little salty," she says. "A little crunch can do wonders for your mind." Careful of too many gummy bears or Skittles, but a few can provide some concentrated simple sugar. Turn to ginger candies for an upset stomach.

#### EAT TO EFFORT

The harder you're running, the more difficult it is to process food, because your blood is pumping to your muscles instead of your digestive tract. "The lower the intensity, the more creative you can get,"

Boulet says.



bananas) or more

acidic (apples).

Not only is this great for hydration and salt replenishment, but it can warm you up when temperatures dip and bring you back to life if you're running after dark.

## **Ultra Eats**

How the best ultramarathoners fuel up while running for hours on the trail.

BY NICKI MILLER RACE PHOTOGRAPHY BY MATT TRAPPE



n Olympic marathoner turned ultrarunner, MAGDALENA BOULET is the vice president of innovation, research and development at Gu Energy Labs, a sports nutrition company. In June, the Hoka athlete won the world-class Western States 100-Mile Endurance Run in her first attempt at the distance.

#### What fuel do you use for a 100-mile trail race?

Boulet eschewed solid food and fueled exclusively with a high-calorie sports drink and water at Western States. She drank 250 calories per hour of caffeinated Gu Roctane. "Sometimes I drank extra. At aid stations I picked up a little ice water," she says. "I was testing a new flavor, because I have the privilege of working in the lab." The general public can choose among lemon lime, tropical fruit and grape.

#### Why all liquids?

When you're running 100 miles, Boulet says, "There's a lot of demand on your body. Adding nutrition for your gut to process is a challenge." By using only an easily digestible sports drink, "I had more blood flow going to my muscles."



#### ARE SPORTS DRINKS ALWAYS ENOUGH?

"I think that every runner is unique," she says. "What worked for me in this race may not even work for me in other races." Depending on the weather and intensity of her effort. Boulet often uses both drinks and gels. "The hotter it is, the less demand I tend to put on my system."

#### When do you fuel?

As opposed to drinking on a strict schedule, Boulet takes frequent small sips based on thirst—often on ascents when the footing is easier—and had no problem polishing off a 250-calorie bottle per hour at Western States. "That was ideal for me. I felt like my energy was very consistent through the race."

#### Do you rely on aid stations?

Boulet carried two bottles during the 100-miler, which was particularly hot this year. One had her secret sports drink and one was filled with ice—as it melted, she'd sip the ice water. At aid stations, she grabbed extra ice to put on her wrists, in her hat and sports bra, as well as in the back of her hydration vest. By keeping her body cool, she says, "I would be able to digest more."

#### What else do you eat on runs?

When Boulet does reach for a little something extra at aid stations, she likes pretzels, baked potatoes and watermelon. She often eats bars in training, when she's not running as fast and takes a break to enjoy a mountaintop view with friends.

**▼ TEPHANIE HOWE** is both an accomplished ultrarunner and a doctoral candidate in nutrition and exercise physiology at Oregon State University. After winning Western States in 2014, the Clif Bar- and The North Face-sponsored athlete came in third after a difficult race this year.

#### What fuel do you use?

Howe usually consumes Clif Shot Energy Gels in vanilla or raspberry, which don't have caffeine, and then switches to strawberry or mocha for a caffeine boost. She always saves an espresso gel for the end of the race for that extra push to the finish. On training days, she also uses Clif Organic Energy Food (made from vegetable and fruit purée), and enjoys either the pizza Margherita or sweet potato-salt flavor, depending on the day.

#### Why only gels on race day?

"Really simple carbohydrates requires little to no digestion," Howe says. She explains that the current trend for more natural and whole foods is great when it's not race day. From a scientific standpoint, you want easily digested carbs when you're exerting yourself 100 percent, because "blood flow is going to muscles not the stomach."

#### When do vou fuel?

When she began racing ultras, Howe consumed two gels per hour and her "performance was decent," but then she upped it to three and feels much better—especially afterward. She usually sticks only with water for drinking, but when a math miscalculation at Western States put her behind her intended fueling schedule, she found herself battling nausea and low energy 40 miles into the race; she turned to Sprite and ginger ale from aid stations.

#### Do you normally use aid stations?

Howe has a fueling plan and considers anything from a station as a supplement to her usual fare. That said, she acknowledges that race-day effort makes fueling tough. "Everything sounds terrible. You're hungry but you can't eat!" However, it's important to have something to prevent yourself from bonking. "Big gaps in fueling cause changes in blood flow," she explains, and that makes you feel worse.





#### HOW DO YOU **DECIDE** WHAT TO EAT MID-RACE?

Howe's philosophy: "If something looks good, you probably should take it." Cravings can be your body's way of telling you what it needs. For example, Howe might have some potato chips if she gets the high sign from her taste buds—she figures her body must need the carbs, salt and fat.

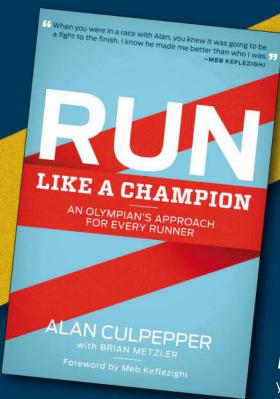


#### What else do you eat on runs?

For courses that involve more hiking, Howe likes to eat bars like Clif Bar Blueberry Crisp and Nuts & Seeds. She's also been known to enjoy a few peanut M&Ms, a cup of chicken broth or potatoes dipped in salt.

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## FRESHEN UP

{BEAUTY}

#### **Minty Fast**

Research published in the Journal of Sport and Exercise Psychology shows a good whiff of **peppermint** oil increases athletic performance;

subjects finished a 400-meter run faster. had more handgrip strength and could complete more pushups. We turned to aromatherapist Charlynn Avery of Aura Cacia, an essential oils company, to get some tips on how this minty-fresh stuff can up our speed.

COOLING

MIT S H. AZ (I Sel)

Avery says peppermint essential oil is a great "starter oil" for athletes because of its energizing and cooling properties as well as its effect on breathing. Besides taking a healthy sniff pre-run, here are her top tips on how to incorporate peppermint into your routine:

- · Sprinkle a few drops in your shoes before a run to invigorate your feet.
- · Add a few drops to a wet cloth and place on your neck after a run to cool down.
- · Massage your legs and feet with a muscle rub made of 10 drops of peppermint essential oil and 1 ounce of sweet almond oil.



1. I've gotten rashes lately from new creams and oils I've tried. Even natural products can include allergens, so I like to stick with what I know. What I love about Yes to Coconut Polishing Body Scrub (\$8 for 10 oz., yestocarrots.com) is that it's made from whole coconuts—the husk gives it exfoliating power and I'm sure

you've heard how moisturizing coconut oil can be! —Nicki Miller, managing editor

**2.** Body scrubs make me happy—or rather, they make my salty arms and legs happy after a hard run in humid San Diego. One of my top picks is Bath and Body Works Eucalyptus Spearmint Sugar Scrub (\$16 for 13 oz., bathandbodyworks.com). The scent has always been a favorite, and the exfoliating properties make me feel so fresh and so clean! —Caitlyn Pilkington, web editor

3. Although Frank Body Original Body Scrub (\$15, frankbody.com) looks like pure dirt, it'll make you shine! Made with roasted and ground robusta coffee beans, the scrub has caffeine to give your body an instant boost and stimulate blood flow targeting cellulite, stretch marks, varicose veins and more. —Nicole Christenson, senior manager, media marketing

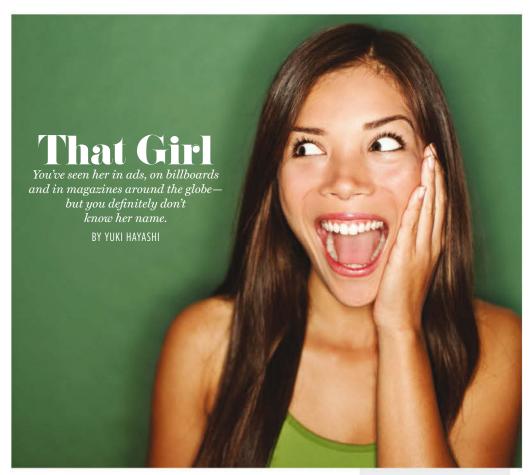
4. My skin is perpetually dry year-round and Lush Ocean Salt (\$22 for 4.2 oz.. lushusa.com) is the only thing that keeps it soft. Did I mention the smell? It's heavenly. The perfect mixture of coconut cream and sea salt brings you back to the beach. The only drawback? When your boyfriend loves it too! —Erin Douglas, art director

5. Argan oil's moisturizing and antioxidant properties shine in **The Body** Shop Wild Argan Oil Rough Scrub (\$20 for 6.76 oz., thebodyshop.com). Creamy vet rough, this makes it easy to exfoliate while stimulating and brightening the skin's surface. The result is silky skin that's already moisturized by the time you step out of the shower. —Allison Pattillo, contributing gear editor

**6.** Apologies to the other items my beloved and whip-smart colleagues chose, but I can never stomach spending money on a scrub. I'm too sloppy in the shower to prevent water from diluting the jar. Instead, I use granulated sugar mixed with whatever body wash I have on hand. Just sit a mug half full on the side of the tub, grab as you go and massage in circles. Your skin will be insanely smooth! -Jessie Sebor, editor in chief







hances are you have crossed paths with Ariane many times before. Surfing online, you've seen photos of her running on the beach or doubling over with laughter in a field or pretending to wake up. Maybe you've even seen her blown up to the nth degree on a billboard, hawking cellphones.

After nearly a decade in the biz, 20-something Ariane is one of the world's most recognized stock photo models. Art directors buy stock photos as an affordable alternative to photo shoots, and because they aren't exclusive, these images can become ubiquitous. For that reason, the ever-smiling Ariane is everywhere. Her wholesome good looks and mixed ethnic ancestry (French Canadian and Chinese) resonate

internationally. Yet she's the farthest thing from a household name. And that's how she likes it.

In a world where fame is pursued like a halfmarathon personal best. Ariane shuns it. She won't divulge her last name or where she lives, and she has no plans to pursue conventional modeling gigs. She and her photographerpartner produce new stock images monthly, adding to the hundreds of iterations of her likeness found online. (She just recently joined Instagram as supersmileyariane.)

In the quintessential Ariane photo, she's running, stretching, planking always the more flattering version of that funny "What I think I look like when I work out/What I really look like when I work out"



ARIANE'S BEAUTY FAVES:

- Desert Essence 100% Pure Jojoba Oil (\$14, desertessence.com)
- Thayers Natural Remedies Alcoholfree Original Witch Hazel Toner (\$10, thayers.com)
- Live Clean Fresh Face Smoothing Facial Scrub (\$16, well.ca)

meme. We spoke to the world's most famous fitness model you've never heard of to get the secrets of her success.

#### **FITNESS**

Yes, Ariane is a runner. She has yet to run a race, but she hasn't ruled them out. She may not be competitive, but she's consistent. "I currently run four to six times a week, typically 3 to 6K and often in combination with the same amount of walking," she says.

The model also strength trains four or five times a week. "I start with 15 minutes of dancing, followed by 30 minutes of strength. Right now I do mainly bodyweight exercises," she says.

#### **SKINCARE**

Ariane has a back-to-nature skincare regimen. "In the morning, I rinse my face with cold water, and at night I remove my makeup with a few drops of jojoba oil on a cotton round. Then I put hot water on a face cloth to steam my face, and finally a normal face wash, toner and face cream. I also do a scrub once a week," she says.

Known for her fresh-faced look—she's not one of those stock photo runners shot in ridiculously full makeup—Ariane is a minimalist. She eschews daily foundation, but for work she favors Smashbox Camera Ready BB Cream (\$39, smashbox. com), which combines moisture with light coverage





and SPF 35. She applies waterproof mascara only to the tips of her lashes and adopts a natural lip. "As a lip balm, I use shea butter topped with a tinted lip gloss with SPF," she says.

Ariane stays on top of hydration—"Keep your skin moisturized from the inside and from the outside," she advises—and moisturizes religiously. "I can't live without pure shea butter! Mixed with a few drops of jojoba oil—I use it on the whole body: It takes care of everything," she says. During



the warmer months, she switches to **Desert Essence** Coconut Hand and Body **Lotion** (\$9, desertessence. com). To make her limbs shine, she recommends Hawaiian Tropic Shimmer Effect Coconut Papaya After Sun Lotion (\$8, ulta. com). "If you want an extra glow, it does the trick!" she says.

#### **HEALTHY EATING**

The (literal) poster girl for healthy eating, Ariane advocates balance. "My focus is on eating a lot of

raw vegetables and fruits, but I'm not very restrictive about what else I eat. I travel a lot, and trying new dishes is one of the best things about it," she says.

She rarely drinks alcohol, but is "addicted" to vegetable smoothies, sipping one for breakfast and others throughout the day. "I make this one a lot: baby spinach, romaine lettuce, cucumber, coconut water, chia seeds. ginger and mint," she says.

She also juices. One of her preferred combinations is beets, carrots, oranges, ginger and turmeric. "It's insanely yummy!" she says.

Ariane drinks water throughout the day, but she also enjoys two espresso shots in the a.m. and ends each night with white silver needle tea.

Between meals, she keeps hunger at bay with a DIY trail mix. She relies on a mix of goji berries, raw pecans, golden berries, mulberries and dark chocolate to stay energized and smiling during those long, all-day photo shoots.



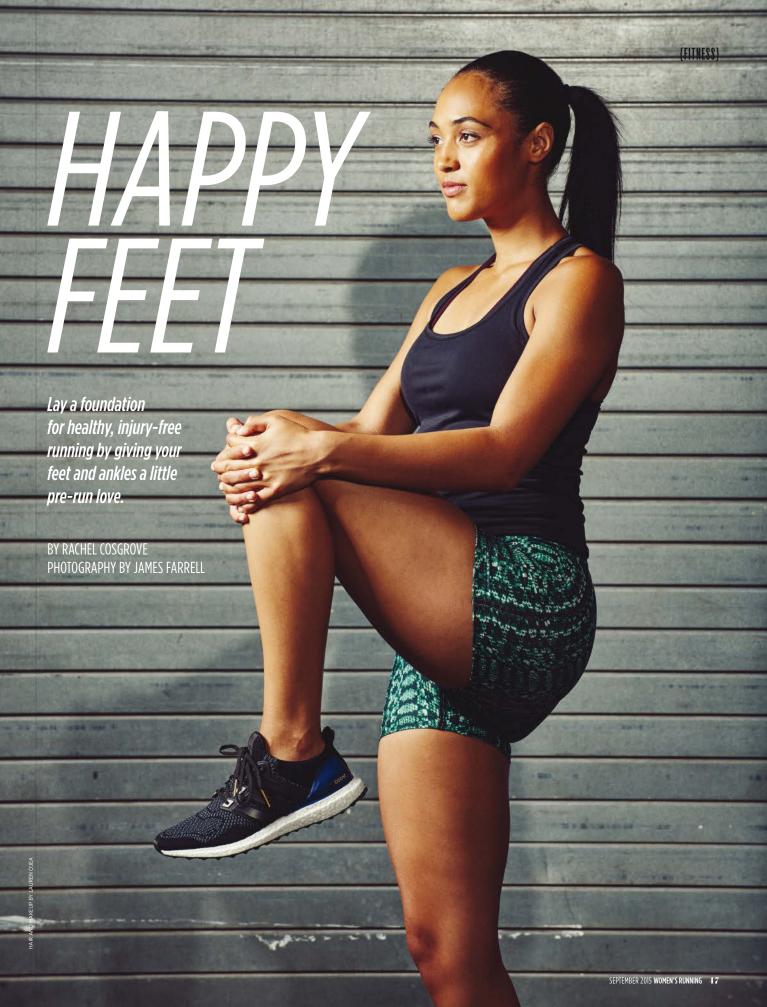
PICTURE PERFECT **RACE PHOTOS** 

Bummed by unflattering race photos? Follow Ariane's tips for looking happy while running

- 1. Speed up when you see the photographer. "Running for a shoot often feels like highintensity interval training," says Ariane.
- 2. Check your form. "No flying elbows!" she says.
- 3. Think technique. "Focus on softer forefoot landing," for less facial drag.
- 4. Smile! "The worst running images are the ones taken just after the impact. when the skin is dragged down. Try to not have your facial muscles completely relaxed. Just smile: It will keep them tight!"









Our feet and ankles act as our steering feedback. There are more mechanoreceptors in the foot than anywhere else in the body. This means they tell our nervous system how to adapt to changes in terrain when we run—which is especially crucial on trails.

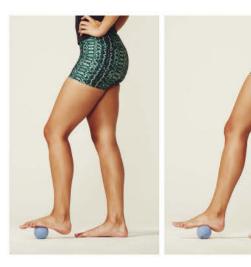
It's true what the kid's song says about the foot bone being connected to the ankle bone, and the ankle bone to the knee bone. If you are not moving properly at your feet and ankles, you could end up with a knee injury or even neck pain. Seriously.

When it comes to these lower extremities, there are two common issues that runners face: lack of ankle mobility (not being able to bend at the ankle joint) and excessive pronation (an inward collapsing of the foot, which can eventually lead to a collapsed arch).

By taking the time to warm up, stretch and roll out your feet, ankles and calves before heading out for a trail run, you are fine-tuning your ability to adapt to the terrain and absorb the shock of running. This will not only improve your performance but also decrease your risk of injury. Perform these exercises barefoot to get the most out of the movements.

**BARE IT...** For stronger feet, kick off your shoes. Make an effort to spend more time barefoot, especially walking around in the grass or on changing terrain.





#### **GOLF BALL ROLL**

The connective tissue on the bottom of your foot, known as fascia, can often get extremely tight and eventually cause painful plantar fasciitis. Use a golf or lacrosse ball to release the tension in this fascia. Store a ball in your running shoes and before lacing up, spend at least 1 minute massaging the bottom of each foot.

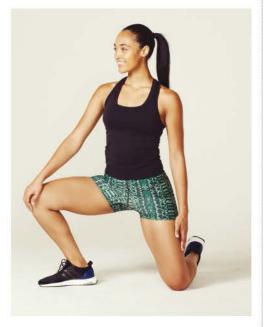
#### OPEN HALF KNEFL

Kneel on your left knee and with your right foot flat on the floor and turned out. Keeping the heel in contact with the ground, drive the right knee over the pinky toe, working on increasing the range of motion at the ankle. Perform 5–10 reps on each side.



#### CALF FOAM ROLL

If the calf muscles are tight, you will be unable to have proper ankle mobility. This can lead to overpronation, which will affect your shock-absorbing capabilities. Spend 1 to 2 minutes foam rolling each calf before you run. Roll each calf with the leg rotated in for 5-10 reps, straight for 5–10 reps and rotated out for 5–10 reps.



DIG IT... Self-Myofascial Release (SMR), also known as the poor man's massage, is a technique using a ball, a foam roller or another tool to give yourself a rubdown. This can be more effective than a "normal" massage, because you can pinpoint the areas you need to work on and really spend time releasing the tension. The Golf Ball Roll and Calf Foam Roll are forms of SMR and will make a big difference in the health of the tissues of your feet and ankles. Spend time every day doing massage work on an area where you feel extra sore or tight.









#### **SQUATS**

Lunges and squats test strength and mobility in your feet and ankles. By performing a set of bodyweight squats before you head out for a run, you can pay attention to what may still feel restricted. Dropping into a squat takes ankle mobility. As you perform the squat, does one ankle feel more restricted than the other? If so, you may want to repeat one of the mobility exercises in this workout on that side. Perform 10 squats.

#### HIP THIGH EXTENSION

One of the reasons pronation happens is because the glutes aren't firing properly. This exercise will switch on the glutes and improve the function of your feet and ankles. Lie on your back with one foot firmly planted on the ground and the other leg straight out. Lift your hips up and your leg in line with your other thigh, and hold for 2 counts then repeat. Perform 10 reps on each side.





#### FRONT-TO-BACK LEG SWINGS

Stand behind a chair, balance on one leg, using the chair for support if needed, and swing the free leg to the front of you and then to the back. Pay attention that your standing leg remains firmly planted on the ground and does not pronate. Perform these barefoot to really put your standing foot to work. Perform 10 swings on each side.



#### STANDING CALF STRETCH

Tight calf muscles will lead to overpronation and lack of ankle flexibility. Standing with one foot behind the other in a split stance, push the back heel into the ground. Try to pull your shin toward your toes, feeling a stretch in the back calf. Hold for 30 seconds on each side.

## **Cross-Training on Trails**

You can cover a lot more ground on a mountain bike.

BY NICKI MILLER

#### MOUNTAIN BIKERS AND TRAIL RUNNERS OFTEN HAVE A LOVE/HATE RELATIONSHIP.

When you're on foot and a pair of wheels comes tearing past, their speed can be startling. And bikers can get frustrated when groups of runners go shoulder-to-shoulder on the trails. But the shared thrill of exploring nature's hideaways bonds these two sports. And there's no reason you can't do both!

I started riding last year, and I love the varied landscapes that I've been able to check out—many that are just too far to run. My husband, an experienced mountain biker, was able to give me some basic pointers on the bike, but I learned so much more by attending a Dirt Series two-day weekend workshop.

Most of the camps (in the U.S. and Canada) are for women, and the coaches are both amazing teachers and riders. Each day started with some drills in the safety of a schoolyard, and afternoons were on a trail based on your skill level. There were also clinics at a bike shop to learn more about the gear and sport, plus food, drinks and some serious girl-power camaraderie.

The camps cater to all skill levels, so the atmosphere is completely supportive. At a camp this spring in Santa Cruz, Calif., a beginner was able to learn on a trail by her house—she'd been too afraid to ride there with a group before. Many women were from the area and by the end of the first day were already planning to ride together in the future.

I learned so much, but a few lessons have really stood out as I've hit the trails back home in San Diego: the right mix of front and rear brakes to not skid; riding uphill and over small obstacles; cornering; and how to shift my weight on downhills. I feel like a pretty solid beginner now.

The most fun at the camp was learning how to do jumps. The first day the other beginners and I looked on in awe, but by day two, we were there, grabbing air. I'm not ready to do them on a trail, so I'll just have to add some more hops into my trail running.

For more info, visit dirtseries.com.



#### HARDEST GEAR

When it comes to shredding trails on two wheels instead of two feet, there are a few more things you'll need.

**Bike:** There are a lot of bikes to choose from, so go to a local shop to find the best for you and where you plan to ride. **Trek** *Lush* (starting at \$2,100, trekbikes.com) is a women-specific model that's full suspension, so you won't grow out of it too quickly as your skills advance.

**Helmet:** In mountain biking, it's more a question of *when* you'll crash, not *if*, so look for a helmet that's sport specific and fits well. The **Bell Super 2** (\$135, bellhelmets.com) is an excellent helmet and depending on your skill, there are upgrades including a detachable chin bar.

Clothing: Loose tops and bottoms that will move with you as you angle and lean into corners and move up and back on your saddle on hills are preferred. You may also want padded shorts like you see with road biking (tip: no underwear required), gloves and shoes without knobby treads to get caught up on pedals. Some brands have some crossover gear—depending on your preferences since mountain bikers tend to wear baggier clothing. Check out Dakine, Pearl Izumi, RaceFace and Shredly.

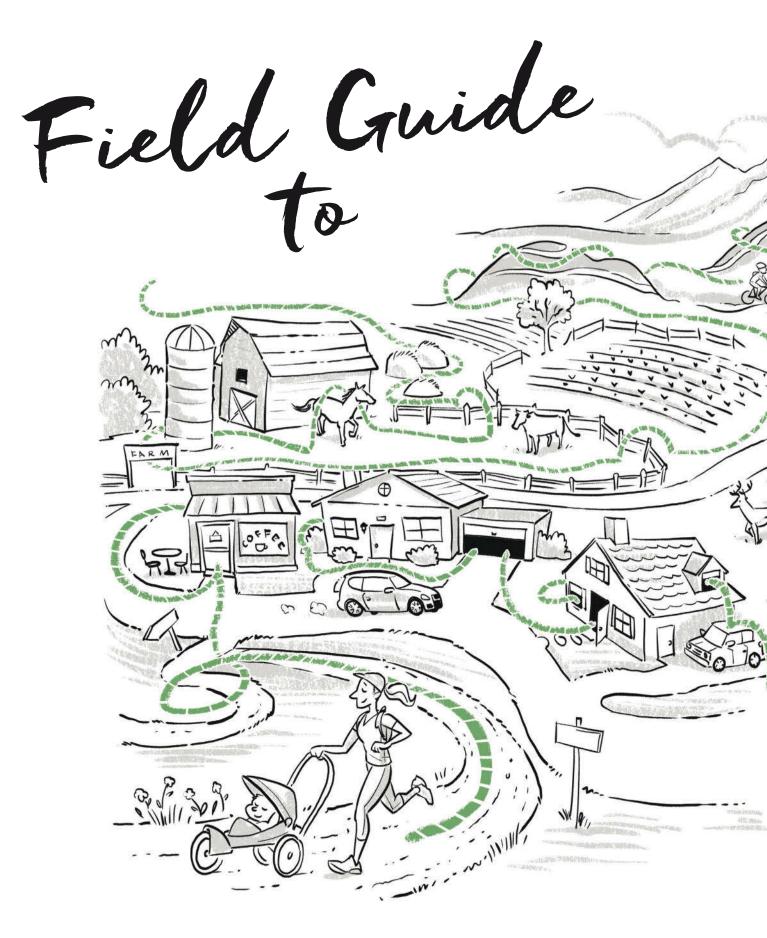




Thad Beaty, TeamEdith Captain and guitarist for Sugarland. (A little bit country, a little bit rock 'n' roll.)









Whether you're a seasoned off-roader or you've never run in the forest (except in your dreams), you'll be tickled by

#### Lisa Jhung's Trailhead: The Dirt on All Things Trail Running.

This pocket-sized book delivers everything you need to know about the art and science of running on trails. Here's a taste of the dirt-y wisdom Jhung dishes out with whimsical illustrations to match.

> BY LISA JHUNG ILLUSTRATIONS BY CHARLIE LAYTON

rail
Running

#### FIELD GUIDE TO TRAIL RUNNING

#### WHERE?

You don't have to live in a mountain town to be a trail runner. Trails exist in urban areas, suburban areas. rural farmlands and coastal communities. In fact, there are over 60,000 miles of trails in the United States. You just need to know how to find them.

#### **Suburban Trails**

Many suburban areas have dirt, wood-chipped or gravel paths within town limits. These areas are popular for dog walkers, fitness walkers, bicvclists and nature lovers and offer soft surfaces away from traffic. Some suburban areas also have dirt alleys and paths linking paved streets. Ask around, or go out and explore to find them.

#### **Rural Trails**

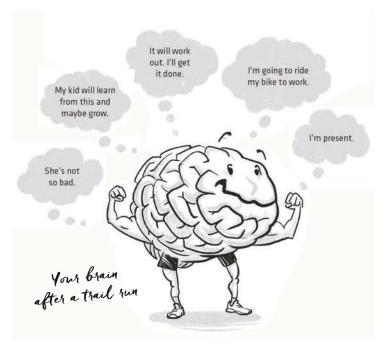
Rural areas often offer plenty of open spaces and opportunities for exploring dirt and grass paths, some likely carved out by animals. Running on a dirt road or over hill and dale in quiet farmland provides a soft surface and pleasant bucolic views. Note: On dirt roads, run on the side of the road against traffic, and always stay aware of your surroundings. Car, truck and tractor drivers may not be used to seeing runners on the sides of rural roads.

#### **Horse Trails**

These can be found in rural areas, but they sometimes also twist through communities where residents who own horses like to ride. Some areas have extensive wood-chipped and dirt trails running throughout. Note: Some towns specify that their equestrian trails are for residents and riders only. Always be courteous to horses and their riders.

#### **Urban Trails**

Even in major urban centers, you can find trails. San



Francisco has great ribbons of smooth singletrack running through Golden Gate Park and the Presidio. New York City has trails winding through Central Park and Van Cortlandt Park. Most cities have trails within city limits and even more within a short drive.

Trail running goes beyond strengthening just your body. Runners know—and research supports—that it's also ridiculously good for

your heart, mind and soul. Scientists have measured the benefits of exercise outdoors on our mental well-being. For example, exercising in natural environments increases energy and creates greater feelings of revitalization and positive engagementwhile decreasing tension, anger and depression

#### WHAT?

Gather up a group of trail runners, and soon enough the talk will turn to shoes.

#### **PRO TIP**

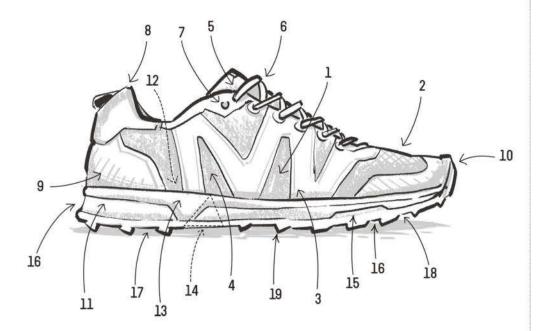
#### Always run fueled.

If eating before a morning run simply won't work for vou. eat a hearty dinner the night before and maybe a late-night snack, and hydrate properly. That way you can skip eating before your run (but you should carry fluids and fuel with you, depending on the length of time you'll be out).

Minimal shoes, Maximal shoes. No shoes. Choices for footwear run the gamut from stiff and burly to super-cushed-out to thinsoled and form-fitting. The key is finding the shoe that works for you and your personal needs.

You can run on a trail in road running shoes. However, shoes specifically made for trail running are generally more stable, protective, sure-footed and durable. Here's all the lingo you need to know:

1. Upper: The parts and materials that wrap around the top and sides of your foot.



- 2. Closed mesh: Tighterwoven mesh than you'd find on a road running shoe, intended to keep out trail aunk.
- 3. Overlays: Materials sewn or welded to the otherwise soft and flexible upper, meant to provide structure and stability. Trail shoes often have more overlays than do road running shoes.
- 4. Sidewall: The side of the shoe surrounding your arch and the side of your foot. Trail shoes generally offer more sidewall protection than do road shoes. **5.** *Tongue:* The part of the
- upper that lies under the laces. The tongue of some trail running shoes is connected to the upper to help keep out debris.
- **6.** *Laces:* Stringy things that tie up your shoes. Some laces tighten and secure with one pull, eliminating the need to tie.
- 7. Eyelets: The holes that the laces pass through. 8. Collar: The opening in
- the upper where your foot enters the shoe, usually padded for comfort.
- 9. Heel counter: A firm. plastic, cup-shaped piece often sandwiched between soft materials around the back of your heel, intended to provide stability and help your foot track

straight with each step. Not found on all shoes.

10. *Toe* bumper:

Rubber or giant hill and hydrate plastic on the like a champion? front of the Grab your copy today shoe meant at velopress.com. to protect toes from getting stubbed on rocks and roots. Made of varying degrees of burliness, from soft rubber to hard plastic. Not found on all shoes. 11. *Midsole:* Containing the shoe's cushioning, the midsole lies between your

foot and the shoe's outsole.

It is made of foam for

**PRO TIP** 

Know when to duck.

If running in a forested area with low-hanging tree branches, remove your cap or visor while running. Wearing a bill over your eves increases the chances of obstacles at head height sneaking up on you.

softness and cushioning, and sometimes stability, and provides underfoot protection.

- 12. Insole: A thin, usually removable, piece of foam inserted inside the shoe. Insoles vary in thickness and amount of arch support, and some have special anti-stink treatments. 13. Cushioning: Soft foam in the midsole and padding around the heel collar and in the tongue. Amount of cushioning varies among shoes.
- **14.** *Medial post:* A firm piece of foam or rubber near the center of the medial side of trail shoe midsoles, meant to provide midfoot stability. Not found on all shoes.
- 15. Rock plate: A thin, hard, vet flexible piece of material, usually made of plastic, sandwiched between the shoe's outsole and midsole. Intended to

Want to learn how

to spot poison oak,

remove a tick, tackle a

block sharp objects from jabbing

soles. Not found on all shoes.

16. *Offset:* The difference in height between the heel and the toe. Also called the "drop."

17. Outsole: The underside of a shoe; the part that hits the ground. Made of some combination of varying types of rubber. 18. Flex grooves: Cuts strategically placed in the outsole to allow the shoe to flex with your foot.

19. Lugs: Rubber



protrusions located on the outsole and varying in size, shape and quantity. Designed to provide better grip on trail surfaces.

#### HOW?

If you're fuzzy on the rules of the trail, here's a little refresher...

Remember the right of way. Runners aren't the only ones who use trails. Mountain bikers, equestrians. hikers, rock climbers and birders are all trail users. Some trails are wide enough for multiple trail users to pass one another, but others may be too narrow. Singletrack, by definition, is only wide enough for a single user, and so when two parties meet on a singletrack trail, one must vield to the other.

The basic principals are that bikes on the trail should yield to hikers, runners and equestrians. Hikers and runners should yield to equestrians. Equestrians should keep an eve out for bikers, hikers and runners and expect to have the right of way.

Are these guidelines always followed? No. Should trail users always pay attention to who's around them on the trail, be courteous to all, and pass and be passed nicely, regardless of "right of way"? Yes.

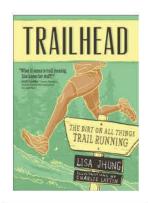
#### **PRO TIP** Empty with caution.

Liquid hitting rock splatters. Choose your spot wisely.

#### TWO GOLDEN RULES

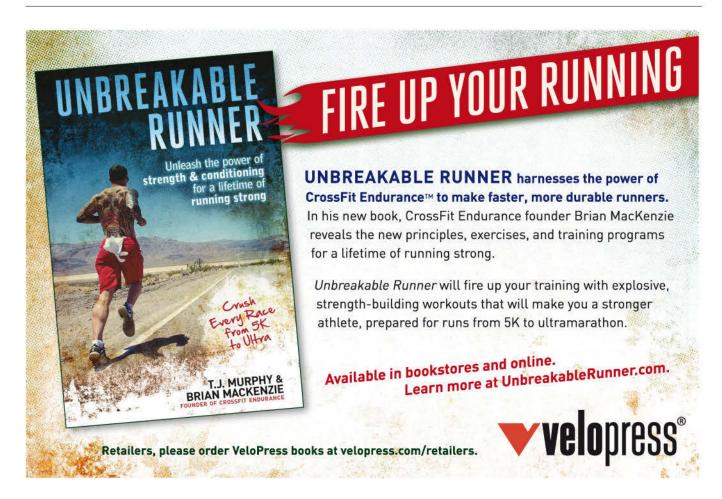
- 1. Be courteous. The most important thing for all trail users to remember is to be courteous. A smile and a friendly attitude go a long way in keeping everyone's trail experience positive.
- 2. Follow the rules. In some instances, there are actual written rules. Some trail signs let users know who's allowed: horses, bikes, foot travelers or some combination of these. Some signs alert users to one-way trails-most common at Nordic centers (open to runners in the dry months) and mountain bike centers. Some trails are open only to bikes on certain days of the week and only to foot travel and/or equestrians on other days. It is important for safety and courtesy to follow all trail signs.

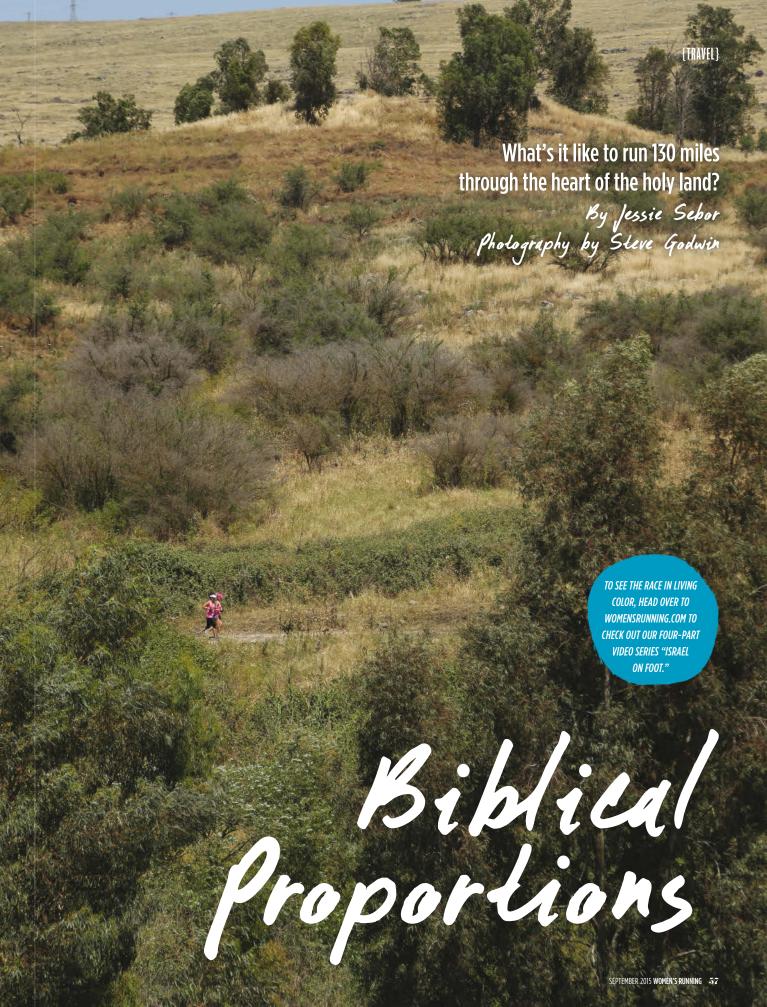
Lisa Jhung is a freelance iournalist based in Boulder. Colo. She ran her first 5K at age 8. After after a couple of decades, hundreds of trail races, triathlons and adventure races-from three hours to seven davs long—she's still running and is still a sucker for anything with a finish line.



Adapted from Trailhead: The Dirt on All Things Trail Running, VeloPress, Copyright @ 2015 Lisa Jhung

















When you picture Israel, what do you see? For many Westerners, the country conjures images of ancient ruins or recent conflict—millennia-old artifacts or soldiers lining the streets.

Landing in Tel Aviv, the first thing that hit me was the heat. Even in spring, the city can turn sticky and searingly bright.

Within only 10 minutes on the road, my conceptions of the country started to shift. I'd imagined arid vistas, but instead the highway cut through verdant greenery. Our guide, Sharon, whose name happens to mean forest in Hebrew, explained that over the last 100 years, a massive forestation campaign planted nearly 250 million trees on Israeli soil, making the Middle Eastern land lush.

The green landscape turned into walls of white stone as we neared the outskirts of Jerusalem. City law requiring buildings be faced with local rock has created a beautiful monochromatic look.





#### THE STAPT

We began our day in bustling Jerusalem, but within half a day's drive, we were transported to rural Upper Galilee, the northern tip of Israel where if you squint, you can see the fence to the Syrian border just over the hills.

The late spring sunlight hung in the air as Steve Godwin, *Women's Running*'s video producer, and I, tucked into dinner at a cozy kibbutz waiting for the Mountain to Valley Relay to commence. In order to accommodate the 7,200 runners who cover 130 miles of mostly singletrack terrain, the relay has two sets of waves: late night and early morning.

At sunset we headed to the park in Tel Hai, which

was already buzzing with runners, ready to go. On the surface, the race looks like any team relay you'd find in the States—and this makes sense seeing that the race director was inspired by the U.S. running scene while living in Vermont.

But while the blueprint is largely the same, subtle differences soon emerged. The racers, sporting headlamps and reflective vests, fueled up with poppyseed bread and tea made from freshly picked mint. For pre-race pictures, teams gathered around a massive stone lion, placed to remember eight Jewish residents killed in a Bedouin conflict. Later, we'd learn that a widow of a soldier kidnapped

by Hamas terrorists was running in the event.

Another difference? In the U.S., more than half of the runners are women—but the crowd at the start line was predominantly male. The race director believed that this was because women were spooked by the idea of running on a trail alone at night. Looking around at the women who were getting ready to run, however, I wasn't sure this was the case.

When we asked runners (of both sexes) why they chose to race Mountain to Valley, we found answers that are universal: They ran to be fit, to bond with friends, to push themselves beyond preconceived limits.

If anything, these runners were excited by the idea of running under the stars. My guess is as the sport grows in Israel, so will the female contingent. The one thing the runners were all worried about: how the next 24 hours would fare, as they'd sweat through miles, across steep, pat dirt trails for one hour, and then stuffed into a station wagon of sweaty runners the next.

#### ON THE TRAIL

The relay takes runners through the verdant hills of Upper Galilee, across 130 miles of trails into to the meadows of Jezreel. Teams comprising eight runners tackle a total of 24 legs—meaning everyone runs during the heat of

the day and everyone runs at night.

Steve and I followed along to see what the race was like for the runners on the ground. The magic of Mountain to Valley is that it's on trails. Not only can teammates enjoy a wide swath of Israel, but they can see the country in a way that's locked off to cars or even bikes.

Running the seventh leg from Bnot Ya'akov Bridge to Karkom was stunning. From a pat dirt path, snaking along a cliff, I could see the Jordan River below, and in the distance, the turquoise mouth where it opened into the Sea of Galilee. I couldn't help but think that I was striding down the same paths cited in

the Bible and the Torah. Runners were strung out on this stretch, as the twists in the trail made me feel like a tiny speck in terms of both landscape and history.

#### THE HANDOFFS

The exchange points have a way of snapping runners back to reality. Filled with cars and cheering teammates, they are part party, part campground, and each has its own flavor.

We visited what would be our favorite station just before dark. At the end of the 11th leg, runners meet in the Arab village of llabun. The tensions between Israeli Jews and Muslims are well documented, and the very existence of isolated "Arab









villages" is testament to the fact that this friction is still very much a fabric of the nation. But the early evening air at the llabun aid station was filled with warmth and positivity. Locals greeted passing runners with music and dried dates—later hot soup would be served.

Many of the race volunteers were teenagers. One older boy told me he liked the relay because it helps people in the community become exposed to running (only two of the 950 teams identify as Arab Israeli). A group of girls was too shy with their English to be interviewed-but they knew at least one international phrase and asked me to pose for a "selfie."

Later at another checkpoint located outside a second Arab village. runners warmed up with coffee and tea inside of tents filled with chairs and sleeping mats. Teams rested before running through the night across fields lit by stars and into the sunrise.

#### THE FINISH

Our plan for day two was to head straight for the finish line to capture the first runners to complete the race. But our guide, Sharon, decided she wanted to run the last leg, so I jumped in with her. Having never covered more 5 miles—and almost never on trails—for Sharon, this 6-mile leg encapsulated the challenge that many

of the racers felt regarding the relay as a whole.

We climbed a massive hill at the start of the leg and continued through forests and along farm trails (complete with cow crossings). When we reached the last mile, Sharon was beaming. Her happy energy reverberated around the finish-line village, where runners lay in the shade. The thousands of people lounging in the field may have run through biblical cites and divided villages, but runners around the world are identical at a finish: sweaty, tired and glad to be done. @









#### RUNNING AROUND JERUSALEM

To shake off our jet lag, as soon as we arrived, Steve and I laced up. We discovered a converted railroad path lined by manicured bushes and crowded with runners. Dozens of women, some wearing Nike and Brooks, some in modern interpretations of Orthodox garb, passed by us for their evening workout.

When we stopped to take a photo of a street vendor's stall, the owner insisted we hydrate with a glass of fresh-squeezed oranges on the house. I soon learned that this warmth and generosity extends across the country's culture.

Wrapped by high walls, the Old City is Jerusalem's historic center and where its religious heart resides. In the States, visiting historic sites means exploring artifacts from 300 years ago. In Israel, 300 years is nothing. The Old City dates back to King David's conquest in the 11th century B.C. and the layered history of millennia can be felt inside its walls.

While sightseeing, we looked down from the Mount of Olives where Jesus fled to escape persecution from the Romans; we left wishes at the Wailing Wall, a section of Herod's Temple where Jewish people in the city still turn to in prayer; we descended into a cistern where residents drank 3,000 years ago; and we walked the stations of the cross, marking what Christians consider the to be most important day in history.

There were plenty of tourists like us, but the Old City is also home to nearly 700,000 people. These citizens reside in one of four quarters splitting up the city: Jewish, Christian, Muslim and Armenian. The polarizing diversity present within a few square miles felt like a microcosm for the country at large. Vastly different religions live at once guite separately and in relative contentment.

As we learned about the centuries upon centuries of unrest, walls being built and rebuilt as the city was conquered by King David, the Arab Empire, crusaders, the Ottoman Empire and on, the buzz of progression was palpable. Perhaps the harmony we felt wasn't one of stasis but of a city in constant motion.















#RNRMERIDA # 9 0

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#### **{NUT BUTTER POWER}**



Runners have long-fueled with peanut butter-but in the past few years, other nut butters have angled for the spotlight on our sandwiches and spoons. From almond to pistachio, any nut can be ground into a creamy or crunchy paste, so how do you choose? Here are our top picks for which nuts runners should go for. The recipes taste just as good if you buy the butters pre-made (and we included our favorite brands), but homemade mixes are usually more economical and often more natural too!

## **Peanuts**

The most common nut butter is a staple in many pantries, but most runners don't realize just how healthy it is. Peanuts (officially legumes) are high in the complex B-vitamin biotin, which helps regulate blood sugar, as well as manganese, which is good for bones. Peanuts contain a number of antioxidants (including red wine's resveratrol), which means these legumes are effective for fighting off cancer.



#### **Peanut Soup**

Inspired by African and Asian dishes, this version is simple to make but will still impress. (Just make sure no one has a nut allergy, since the nuts are not **■** immediately apparent!) ■ Serves 6-8

1 Tbsp. canola oil I 1 medium onion, diced ■ ½ fennel bulb, diced 3 carrots, diced 1 1 red bell pepper, seeded and diced 14.5 oz. can diced tomatoes 2 cups water Salt and pepper to taste Pinch of cayenne (or more to taste) 2 cups broth 1 cup peanut butter Juice of 1 lime Lime zest 3 scallions, chopped

Heat oil in soup pot over medium heat. Sauté onions, I fennel and carrots till onions are translucent, about 5 minutes. Add red pepper and sauté another 5 minutes. Add tomatoes, water, salt, pepper and cayenne, and **■ cook** for 20–30 minutes, or until carrots are soft. In a small saucepan, heat broth to boiling. Turn off heat and whisk in peanut butter; **pour** this into a blender and add about half of the cooked soup. **Blend** until smooth. and **pour** back into soup pot. Stir to combine and add lime juice. Garnish each serving with lime zest and scallions.

NUTS ROLT



**Bliss Nut-**Butters Cinnamon Chia Seed Peanut **Butter** (\$7. blissnutbutters. com)



Wild Friends Chocolate Coconut Peanut Butter (\$1.10 for 1.15 oz., wildfriendsfoods. com)



Larabar Peanut Butter Cookie (\$1.80, larabar.com)

## **Pecans**

This is one of the commercial nut butters that's much more difficult to find. Good thing you can make your own (see page 67). The antioxidant levels in pecans are especially high and they also deliver a good dose of magnesium, which studies have shown reduces inflammation in the arteries and can help arthritis.

## NUTS BOLT



**Artisana Organics** Pecan Butter Squeeze Packs (\$2, artisanaorganics. com)



Essentially Coconut Honey Pecan (\$12, essentiallycoconut. com)



**Bobo's Oat Bars** Gluten Free Maple Pecan (\$3, bobosoatbars.com)



#### **Gluten-Free Pecan Bites**

I These are such easy cookies to make, and they are so quick, you can toss them together for guests at the last minute. The first three ingredients are staples (though you can use a different nut butter or make it egg-free) and you can get creative with your own add-ins.

Makes about 18 cookies

1 cup pecan butter 1 cup coconut sugar (or sugar), plus more for rolling

1 Tbsp. ground chia seeds

1 Tbsp. ground flaxseed

**Preheat** oven to 350 degrees. Line a baking sheet with parchment paper and set aside. Mix ingredients together in a bowl or with a food processor. Put extra sugar in a small bowl. Roll a small ball of cookie dough in extra sugar with your hands or spoons, and place on baking sheet. Allow room between cookies for them to spread out while baking. Bake for 10-12 minutes. Allow to **cool** for 1 minute before transferring to a cooling rack.



Almond butter is available in most grocery stores, often right alongside peanut butter. Almonds are great for runners, since they are particularly high in vitamin E, an antioxidant that protects against toxins, and they deliver a punch of potassium, which encourages muscle recovery.

#### Romesco Sauce

■ This Spanish sauce is a great dip with crusty bread or works well with grilled meat or veggies.

Serves 6-8

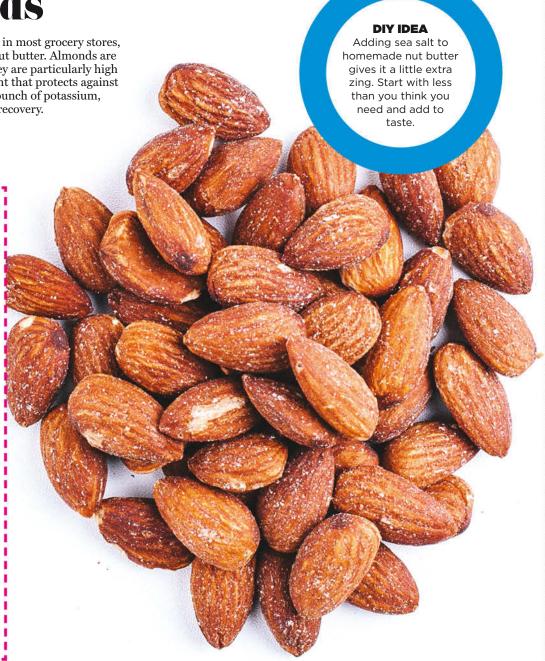
1 large tomato, quartered 1 large roasted red pepper

½ cup almond butter 1 slice crusty bread, toasted and cut up

- 2 garlic cloves, smashed
- 2 Tbsp. red wine vinegar
- ½ tsp. smoked paprika
- 1 tsp. kosher salt, or more to taste
- 2 Tbsp. Italian parsley, chopped

1/4 cup olive oil

Pulse all ingredients, except the olive oil, in a food processor until smooth. Continue to pulse and slowly **add** the olive oil until combined. **Serve** room temp, or you can heat it up.



## NUTS BOLT



**Barney Butter** Almond Butter Crunchy (\$1 for 0.6 oz., barneybutter.com)



Justin's Maple Almond Butter (\$12, justins.com)



**Perfect Bar** Almond Acai Lite (\$3, perfectbar.com)

## **Pistachios**

These nuts are a good fuel for athletes, thanks to their combo of protein and high potassiumboth great for muscles. Pistachios are also linked to healthy cholesterol levels, immune systems, skin and eyes. There aren't many products that include pistachios, but now that you can buy shelled pistachios more easily (thank you, Costco), you can make your own.

#### Pistachio Sorbet

No ice cream maker required for this delicious sorbet that tastes as creamy as gelato. You'll need a powerful blender and a tamper to mash down the ingredients. If you want to start this recipe with pistachios, you can make the nut butter and then add the other ingredients. (We used 11/2 cups roasted and salted pistachios.)

Serves 6

topping

114-oz, can low-fat coconut milk, frozen into ice 1 cup pistachio butter ¼−½ cup honev (depending on how sweet vou want it) I tsp. salt (if nut butter is Chopped pistachios for

Place coconut milk, pistachio butter, honey and salt (if needed) in a highspeed blender. **Use** the tamper to push everything down and blend on high until smooth, about 2 minutes. Transfer to chilled serving bowls and garnish with chopped nuts, or place in freezer for a firmer frozen



# NUTS



## **Walnuts**

Walnuts are rich in omega-3 fatty acids, which help with inflammation and even prevent the breakdown of bone. This richly flavored nut means a little can go a long way, and its hearty taste is perfect for when temperatures are cooling down.

#### | Kale-Walnut | Pesto

This nutritious pesto works as well with hot pasta as it does on bruschetta. You can also use this as a spread on sandwiches or atop chicken or pork.

Makes about 2 cups

1 bunch Lacinato
(dino) kale, stems
removed
¼ cup walnut butter
1 garlic clove, smashed
¼ cup Parmesan
cheese, grated
Zest of one lemon
Juice of one lemon
¾ cup olive oil
Kosher salt and freshly
ground pepper to

Blanch kale in a large pot of boiling water for 1 minute. **Drain** and place kale in a bowl of ice water to stop the cooking and preserve the color. Remove from the ice water and **squeeze** out the excess water. **Process** all ingredients in a food processor until your desired smoothness is reached. Adjust seasoning, lemon juice, Parmesan and olive oil to your taste and desired consistency.



# NUTS AND BOLT



Blind Spot Nut Butters Squirrelly Tail (\$11, blindspotnutbutters.



Bogg's Trail Butter *Mountaineer Maple* (\$5 for 4.5 oz. pouch, trailbutter.com)



Earnest Eats
Apple Ginger
Energy Bar
(\$21 for 12 bars,
earnesteats.com)

## Cashews

The delicate flavor of cashews makes a tasty versatile nut butter that you don't want to overpower with other ingredients. Cashews have less fat than most other nuts and most of that fat is the heart-healthy kind found in olive oil. They are also high in copper, which aids your body in using iron and is good for the development of both bone and connective tissue.

**DIY TIP** 

Up the nutrition

quotient-and

texture-of your spread, and toss in

some chia seeds or

flaxseed.

#### **Nutsy Sauce**

This Asian-style sauce is quite versatile. Use it as a dipping I sauce for potstickers or veggies, I toss with some noodles or whisk in some water (or extra oil and vinegar) to thin it out and use as a salad dressing.

Makes about 1 cup

½ cup cashew butter

3 Tbsp. olive oil

2 Tbsp. rice vinegar

1 Tbsp. soy sauce Juice of 1 lime

½ tsp. red pepper flakes

1/4 tsp. kosher salt

½ tsp. pepper

2-3 Tbsp. water

Whisk all ingredients except water in a small bowl. Add water at the end to thin the sauce if it's too thick.

#### **DIY Nut Butter**

You can make just about any nut butter if you have a powerful blender (like a Vitamix) and 10 minutes to spare. Food processors work too, but you may get a slightly courser consistency.

Makes about 2 cups

2½ cups nuts (raw, salted, sprouted or roasted—see which you like best!)

2 Tbsp. oil, optional (if you want a smoother consistency)

Honey, maple syrup, brown sugar or coconut sugar, to taste, optional

Put everything in your choice of machine and blend until smooth. Push the tamper down if using a blender, and stop a few times to scrape the sides if you have a food processor. Butter will keep for up to 2 weeks in the fridge in an airtight container. Enjoy!





Crazy Richard's Cashew Butter (\$9-\$10, crazyrichards. com)

Probar Bite Chocolate Cherry Cashew (\$2, theprobar.com)





NuttZo 2go Power Fuel (\$1.40 for 0.5 oz., nuttzo. com)

















#### FOR THE AVID ROAD **RUNNER, TRAIL RUNNING IS OFTEN CONSIDERED THE NEXT FRONTIER.**

Trails provide an escape and a beauty that not only allows you to get your run in, but also cleanses the soul. Along with the trail's treasures are new challenges for the road warrior: Terrain can be tricky to navigate. elevation changes are likely more drastic, and climbs and descents don't compare to the roads. Trail newbies often need to ignore pace forget hitting certain minutes per mile—and focus on effort instead.

If you are a pavement-pounding runner hearing the call of the trails, this is the plan for you. Although this training requires no prior off-road experience, there are a few prerequisites before you dive in and get dirty. You should have a base of at least 12 weeks of running under your belt and be able to comfortably complete a 3- to 4-mile run. Experience with some faster-paced running (like speed work) is helpful, but not crucial.

This plan introduces on-roaders to trail running and racing, hitting three trail races within the 10 weeks and peaking with a 15K—when you will feel trail-tested and tough. Two to three times a week, find a wooded trail, dirt path or other less sure-footed surface to run on. Easy and long runs are your best options (keep speedy runs on a more stable surface).

Adapt the plan to your individual preferences and experience level. Although designed for the beginner, a more seasoned runner can add miles or repeats to make it suitable for a higher fitness level. Runners new to fartleks and tempo runs can alternate the workouts week to week, rather than doing both each week. Just switch one workout to an easy run.



#### Trail Terminology

**EASY (E):** Aim to comfortably cover the distance at a conversational pace. Run at an effort that allows you to enjoy the scenery and any company. These are great runs to get familiar with trails. Use short and soft strides.

FARTLEK (F): Start these workouts with at least a 10-minute warm-up. Once warm, launch into your first interval at a medium to hard effort, where breathing is heavy. Between intervals, jog easy for recovery. Repeat as listed. Use the remaining distance as a cool-down. The key is consistency from one effort to the next-hold back a little in the earlier efforts so you have something to give in the last few intervals.

HILLY FARTLEK (HF): These sessions will build strength and stamina without extra stress on joints. They can be run over a series of varying hills or as hill repeats. Hills should be of moderate incline, 4 to 8 percent grade. After at least a 10-minute easy warm-up, start your first hill, aiming for a medium to hard effort. Walk or jog down the hill between repeats for recovery or use the time indicated to guide your recovery period to the next hill. Finish the run with a cool-down to get in the distance listed. If you have no good hill options nearby, consider a treadmill or bridge.

LONG RUN (LR): These miles should be run at a relaxed pace, where conversation can easily flow and breathing is in control and not labored. If getting out on the actual course isn't an option, find terrain similar to what you expect to encounter on race day.

STRIDES (S): These are a set of short accelerations, performed after your run, as a way to maintain turnover and touch on some basic speed. This is a good time to focus on your form. Ideally they should be run on flat terrain. Accelerate for the first few seconds, hold speed for the middle 10 seconds or so, then allow yourself to slow for the final few seconds. Take your time between strides. These are not all-out sprints.

**DOWNHILL STRIDES (DS):** These are run on a very slight decline, roughly 2 percent grade. As with regular strides, you pick up the pace, hold and slow. These should feel pretty effortless and smooth as you allow gravity to assist you.

TEMPO (T): Tempo runs are that sweet spot where you are working, but feel you could hold pace for quite a while. Often described as comfortably hard, your breathing will be more labored and your focus more acute. Not a lot of talking happens beyond a word or two. After a 10-minute warm-up, start the tempo portion at a more conservative pace, with the goal of feeling the effort a few minutes into it. Cool down post-tempo to get in the miles listed.

CROSS-TRAINING (XT): Two days a week, you have the option to incorporate some non-impact exercise into the mix. Shoot for 30 to 60 minutes. You can opt for an active recovery workout, like easy spinning or swimming, or use this time to work on trail-specific areas, like core strength and balance drills.

REST: You can't train hard if you aren't rested. And road runners may find they are sore in new and unique ways after hitting the trails! Listen to your body and remember that rest is when strength is built.

TRAIL 5K, 10K AND 15K: You will tackle three races during the 10-week training. The progression is designed for both the runner wanting to lay it all out on race day as well as the one whose goal is simply finishing. You can also perform these as workouts if there are not races that match up in your area.

#### **BEGINNER-FRIENDLY** TRAIL RACES

Trails of Hope at Miller Springs 5K & 10K Sept. 26; Temple, TX trailsofhope.com

Howlin' Coyote 10K Trail Run Oct. 3: King George, VA racetimingunlimited.org

Sticks & Stones 15K Trail Run Oct. 10: Clifftop, WV sticksandstonesrun.com

Happy Girls Run 15K Oct. 24: Sisters. OR happygirlsrun.com

Hell of the Northwest 10K Nov. 14; Monroe, OR oregontrailruns.com

Little Mulberry Park 5K or 10K Trail Run Nov. 14: Dacula, GA dirtyspokes.com

Topanga Turkey Trot 5K, 10K and 15K Nov. 26: Topanga, CA trailrace.com

Indian Island Trail 5K & 15K Dec. 5; Riverhead, NY jayasports.com

WEEK	MON	TUES	WED	<b>THURS</b>	FRI	SAT	SUN
1	<b>F</b> 2-3 miles w/4-6 x 1 min HARD + 2 min E	XT or Rest	T 2-3 miles E w/ ½ mile T	XT or Rest	E 2-3 miles	LR 3-4 miles	Rest
2	<b>HF</b> 3 miles w/6-8 x 30-45 sec HILL+ 2 min E	XT or Rest	E 3 miles	XT or Rest	E 3 miles	LR 5 miles	Rest
3	F 3 miles w/4-6 x 2 min HARD + 2 min E	XT or Rest	T 4 miles E w/1 mile T	XT or Rest	<b>DS</b> 3-4 miles E w/4-6 x 10 sec DS	LR 6 miles	Rest
4	<b>HF</b> 4 miles w/4-6 x 45-60 sec HILL + 2 min E	XT or Rest	<b>S</b> 3 miles E w/4-6 x 15 sec S	XT or Rest	E 2-3 miles	TRAIL 5K	Rest
<b>5 6</b>	E 3-4 miles	XT or Rest	F 4-5 miles E w/ 6-8 x 1 min HARD + 1 min E	XT or Rest	<b>DS</b> 4 miles E w/6-8 x 10 sec DS	LR 7 miles	Rest
6	HF 4 miles w/6-8 x 1 min HILL + 2 min E	XT or Rest	T 5½ miles E w/ ½ miles T	XT or Rest	E 4 miles	LR 8 miles	Rest
7	F 4-5 miles w/6-8 x 2 min HARD + 2 min E	XT or Rest	<b>DS</b> 4-5 miles E w/4-6 x 10 sec DS	XT or Rest	E 4 miles	TRAIL 10K	Rest
8	E 4 miles	XT or Rest	T 4½ miles E w/ 2 x 1 mile T + ½ mile E	XT or Rest	E 4 miles	LR 9-10 miles	Rest
9	F 4-5 miles w/8-10 x 2 min HARD + 2 min E	XT or Rest	<b>T</b> 4 miles E w/ 1 mile T	XT or Rest	DS 3 miles E w/6 x 15 sec DS	LR 5-6 miles	Rest
10	T 3-4 miles E w/ last ½ mile T	XT or Rest	\$ 3 miles E w/4-6 x 15 sec S	XT or Rest	E 2-3 miles	TRAIL 15K	Rest

## TIPS FOR TRAIL NEWBIES

- Incorporate balance exercises into your training to be prepared for more challenging footing.
- Think effort rather than pace. You can't lock into a pace on the trails like on the roads. You will be slower.
- Walking is okay. Lots of trail runners opt to walk steep climbs to conserve energy, or walk steep descents to avoid falling.
- Add core training into the mix. Those muscles are much more active on less stable terrain.









1. Patagonia Nine Trails Skort

An 11-inch length and delicate print make this skort fun. The snagresistant, recycled polyester skirt and boy-short liner make it functional. \$59, patagonia.com

2. New Balance Windcheater Vest

Block the chill without getting overheated in a fierce printed vest, complete with venting and plenty of reflectivity. \$75, newbalance.com Sleeve Top

Mesh underarm panels move moisture away from the body, while a waterresistant zip pocket keeps snacks and electrolyte tablets from getting soggy. \$55, asicsamerica.com

4. Oiselle Toolbelt Roga **Shorts** 

Pockets, pockets and more pockets mean the whisper-weight pair of shorts can carry whatever you need for a long run in the woods. \$47, oiselle.com

5. Mountain Hardwear Mighty

Stripe Tank Soft with plenty of stretch, this tank also has an antimicrobial finish so your smell doesn't scare the wildlife. \$45, mountain hardwear.com

Stay warm on cool morning and evening runs with a soft and stretchy zip tee. Reflective fabric ensures you're seen on the way to the trailhead. It even has cozy thumbholes and UPF 30! \$100, hellyhansen.com

7. Icebreaker Run+ Ultra Light Mini Socks

With just enough protection to keep dirt off your feet, these ankle socks have a slim fit to prevent rubbing. \$17, icebreaker.com

#### 1. Smartwool PhD Ultra Light Short Sleeve

Wool aids in regulating body temperature, even when wet, and is tough enough to handle the trail. This shirt gets a quick-drying, breathable boost from the addition of polyester and bodymapped sweat panels. \$70, smartwool.com

## 2. The North Face Isoventus Jacket

Just the right weight for cool mornings and evenings, the newest TNF running jacket has easy moving articulated sleeves, wind- and water-resistance and a dropped hem for extra coverage. \$120, thenorthface.com

## 3. Arc'teryx Cita ¾ Tight

Protect legs from brushes with trail flora and rocks in three-quarter-length tights that wick, breathe and even protect skin from the sun with UPF 50+. \$75, arcteryx.com

## 4. Pearl Izumi *Flash Hoodie*

When trails take you up to higher elevations (which means cooler temperatures), the slim-fitting design of this breathable hoodie provides warmth without bulk. \$75, pearlizumi.com

#### 5. Stance Dreadmill OTC

Fancy footwork can cause muscle vibrations that make legs grow weary fast. Many trail runners swear by the energizing powers of compression socks. These elevate the style profile with bold patterns and colors. Woodland critters everywhere will thank you.

\$36, stance.com













## 1. The North Face Ultra

Technical trails don't stand a chance in these sleek-looking mountain runners. Toes have room to grip and splay, while the rest of your foot is held secure with the cinched midfoot and cushioned heel pocket. The outsole wraps around the front and back of your foot for maximum maneuverability for all of your mountain-goat antics. \$130, thenorthface.com

## 2. Merrell All Out Terra

A built-in sock liner keeps debris out of your shoes, giving you one less thing to worry about on gravel and sand-covered trails. Reflective details ensure you stay visible, and the traction of the diamond-patterned lugs makes it more likely for you to keep treads dirtside down.

#### 3. Altra Lone Peak 2.5

Cushioned comfort without extra weight is the draw of these zero-drop trail runners. Two rock plates add additional protection, and multidirectional treads grip the trail. Plus, the design is meant to help runners transition to the Altra style (aka zero drop). \$120, altrarunning.com

#### 4. Pearl Izumi Trail N2 v2

Responsive cushioning, a smooth ride and just a touch of support make these the shoes to lace up when varied terrain is your playground—they even have a rock plate for when the trail turns technical. A supportive heel cup keeps the experience crisp with a medium fit throughout the midfoot, and the toe box has room to breathe. \$120, pearlizumi.com

## • Hoka One One Speedgoat

Responsiveness without trail-tired feet is the hallmark of these ubercushioned-yet-lightweight runners. With sticky 4mm lugs, they grip rocks and adapt over uneven ground while you enjoy a smooth running experience. \$140, hokaoneone.com

#### 1. Salomon Speedcross Pro

For those heading out on rocky or muddy terrain, these have the burly lugs, reinforced toe bumper and cinch-tight fit you want to protect feet and have fun. Welded overlays give structure to the smooth-fitting upper, and a supportive heel cup holds you tight even if you are running this way and that across a scree field. \$150, salomon.com

#### 2. ECCO Biom Trail

The new Biom Trail has a slim fit, reminiscent of a road shoe, with a reinforced toe and grippy, multidirectional lugs to give you confidence on tough terrain. \$150, ecco.com

#### 3. Nike Air Zoom Terra Kiger 3

Flymesh construction and the wrapped tongue cradle feet in breathable support in the latest version of this low-to-theground dirt slipper. As the most minimal runner in our lineup, we love it for dirt rollers or crushed gravel trails. \$125, nike.com

#### 4 • Saucony *Nomad TR*

A siped tread (similar to the wet-deck gripping tread of boat shoes) enhances traction on wet rocks and runs like a dream on meandering crushed gravel and dirt paths. A one-piece upper delivers a sock-like fit and complements the nod to natural-running style and performance. \$110, saucony.com

#### • Brooks Cascadia 10

With a supportive heel cup, generous cushioning, an underfoot rock shield, multi-directional lugs and pivot points for enhanced flexibility, the Cascadia is your ticket to four-wheeling fun on two feet! \$120, brooksrunning.com







#### 1 • Mountain Hardwear Carinae Running Cap

Breathable, cooling and sun-protective with UPF 50, this cap packs a lot of technology into a simple and functional package. \$30, mountainhardwear.com

#### 2. Zensah Compression Arm Sleeves

Arms sleeves make on-the-go temperature adjustments a breeze. \$30, zensah.com

#### 3. Amphipod Hydraform Handheld Ergo-Lite

Keep 10.5 ounces of water chilled with an insulated sleeve. The low-profile design has an adjustable and breathable strap for carrying comfort. \$23, amphipod.com

#### 4 • Black Diamond *Distance Carbon Z Trekking Poles*

If running steep, rocky trails is your jam, poles may help ease your journey. Grab a lightweight pair like these for their packability. \$160, blackdiamondequipment.com

#### • Buffwear UV Insect Shield Buff

Bugs are no fun. Not only can this buff mop sweat and hold your hair, it helps repel UV rays and bugs—with an odorless insect repellent treatment. \$26, buffwear.com

#### 6. Outdoor Research Sparkplug Gaiters

Most of us don't need gaiters on every run, but, when you do need them, these are easy to pull on. Breathable, wicking and water-resistant, they can fend off early morning dew, gravel, sand and even light snow for running comfort no matter the conditions. \$20, outdoorresearch.com

#### 7 • Potable Aqua Pure Electrolytic Water Purifier

Using a mixture of salt and water, this handy little device generates a disinfectant to kill 99.9 percent of all water-borne organisms, including giardia. One battery charge can purify up to 40 gallons of water—that's enough for a very long run! \$120, potableaqua.com

#### 8. LED Lenser Neo Light

For runs that start early or go late, the NEO's 90 lumens of bright light will help you stay on trail. \$25, ledlenserusa.com

#### **9.** Salomon *Park Hydro Handset*

If you can't stand carrying hard plastic bottles, this soft, collapsible flask is the ticket. It holds 16 ounces of fluid and compresses as you drink. Plus, it comes in a stretch carrier that has a handy pocket for your phone, car key or a snack. \$42, salomon.com

#### 10. Nathan VaporAiress

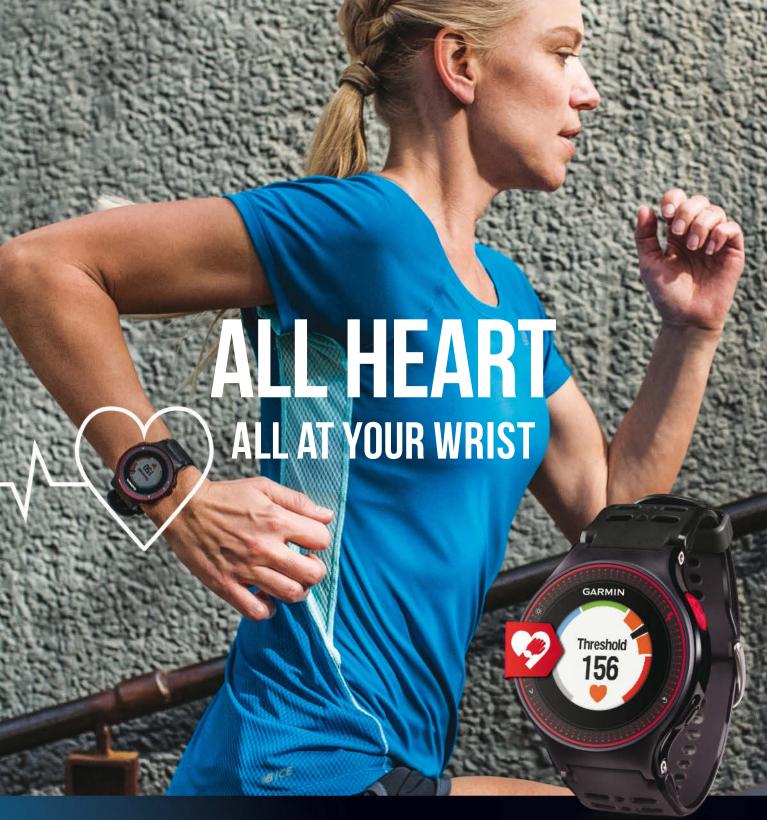
Breathe easy on long-haul days knowing you can carry everything you need in comfort. This pack is designed with the female anatomy in mind—no chest binding! It comes with a two-liter bladder and has easy-access pockets, one of which is even made to wipe clean for easy gel-wrapper cleanup and another that's waterresistant to keep salt tabs intact. \$150, nathansports.com

## FIND THE "TRAIL"

Just kidding, that word isn't in there—but there are plenty of other off-road terms to discover.

GODOGEEHBYGGFSOYUPVG XNFUEXEEVTKNOI IQTHZA RKAAI I O ECJRVHUK SDRNN ALJKL TEANU LSOER LARCXF TRQS Τ APSOT SHHXAXEEADOWR ΖLΡ MRILERWR NDRUAS OXLZHC ERT Υ IFODKD POGJOFORL SYB V LMCWYY NULTRAWEDASNERKCAH AIUCHVTETFRBEJOE TCHBACKSALT RJSRDN TAVELEAWOTEEC ΧВ SDWQZONKWTVL SPICRAMPONEBX IRSEJWAA KLQBBWS TMDZIURA TOUDGJU J J S VAOS IPURKY Ζ LBMN RKOJMFSEHGCLUJGUAFNM CXAYSBTJNROCKPLATE

Aid station	Dipsea	Howe	Singletrack
Bear spray	Elevation	Hydration	Switchbacks
Blazes	Fastpacking	Krupicka	Traverse
Blister	Fire road	Magdalena	Treeline
Cairn	Gaiters	Poison ivy	Ultra
Climb	Hardrock	Rock plate	Water crossing
Crampon	Headlamp	Scree	Wild flowers



### Forerunner 225 with wrist-based heart rate.

Hate wrestling with a heart rate strap on the run? We get it — so we got rid of it. We even refined how this watch gauges your effort, so you don't have to decide if 176 beats per minute means you're cookin' or almost cooked. Create customized workouts or download free training plans at Garmin Connect, send to your watch and get coach-like guidance. GARMIN.

Forerunner® 225





# FINALLY, A LONG DISTANCE RELATIONSHIP THAT WORKS.

The GOrun Ultra 2 marries a unique combination of our Resalyte' midsole and Resagrip' outsole to provide the ultimate in cushioning, support and traction. At last, you can stop searching and start running.

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